



From the Principal

John M Freeman

Welcome to Term Two & Remote Learning

My first message to you all this term is, thank you. **Thank you to everyone in our school community** – students, staff, parents and friends.

Whilst it may feel like we have been engaged in this “new” normal for quite some time, it is important to remember that our last day of classes together was on the Monday of the last week of term 1. However, it is important to recognise we all have been working hard for a number of weeks to prepare for this time.

I also want to let you know that I have been greatly impressed by everyone and would like to share what I think are some of the highlights I have witnessed or been informed about in relation to those in our community.

The Students – for your resilience, curiosity, willingness to try new things, support of each other and continued desire to learn.

The Parents/Guardians/Carers – for your patience, inventiveness, trust, flexibility and support of your children as well as the school.

The Administration Staff – for your commitment to the community, good humour, common sense and willingness to do something different to ensure that students continue learning and being well.

The Education Support Officers – for your passion, intelligence, enthusiasm and most of all care of the students at school and at home.

The Teachers – for your collaboration, skill, care, professionalism and zeal to ensure all students can learn, be safe and connected.

The holders of Positions of Leadership – for your support of the colleagues in your teams and the students in your care.

*In the rush to return to normal, let's use this time to consider which parts
are worth rushing back to.*

~ David Hollis

'This Easter, let us look again at the lives we have been so generously given and let us let fall away the useless baggage that we carry - old pains, old habits, old ways of seeing and feeling - and let us have the courage to begin again. Life is very short, and we are no sooner here than it is time to depart again, and we should use to the full the time that we still have.

We don't realise all the good we can do. A kind, encouraging word or helping hand can bring many a person through dark valleys in their lives. We weren't put here to make money or to acquire status or reputation. We were sent here to search for the light of Easter in our hearts, and when we find it we are meant to give it away generously.

May the spirit and light of this Easter bless us, watch over us and protect us all on our journey, and open us from the darkness into the light of peace and hope and transfiguration.'

John O'Donohue

Dawn Mass Reflections at Corcomroe Abbey

Exerpts from his books: *Walking on the Pastures of Wonder* (Ireland)/*Walking in Wonder* (US/UK)

The Leadership Team – for your tireless work to prepare materials, organise teams, support those in need and relentlessly seek ways to make this time a successful learning experience.

We all know we can improve and we thank everyone for the feedback we have received. We are considering all suggestions and greatly appreciate the expressions of support.

Please be assured that we will continue to seek feedback, so we encourage you to respond to our surveys that we will send next week after we have experienced a full two weeks of classes.

*one wild and
precious life*

ANZAC Day

Even though we could not gather to commemorate the sacrifice of the countless men and women who risked their lives to defend Australia in times of war, and in peacekeeping missions in an ANZAC ceremony, we were able to do so using our technology.

Thank you to Adrianna Bianconi and Robyn Rebbechi for the poignant reflection and prayer for ANZAC Day. Thanks also to Chris Denny for converting the presentation into a movie file so it could be engaged with in a seamless manner.

You would no doubt be aware that in response to Health Authority directives relating to the COVID-19 virus, the Shrine of Remembrance (the Shrine) is currently closed until further notice. However, the Dawn Service at the Shrine will be live streamed and shared with all Victorians via [Facebook](#)

You can also commemorate from your driveway, or within your home by taking part in the #standto movement.

We pray that the fallen enjoy God's eternal embrace. Lest we forget.

COVID-19 themed scams, fraud attempts and deceptive email schemes

The Australian Competition and Consumer Commission's (ACCC) Scamwatch has received over 1,100 reports about COVID-19 themed scams from individuals and businesses losing money or personal information to and online frauds across Australia.

These scams have continued to increase over the past month, schools are strongly encouraged to remind staff, parents, guardians and carers and the school community to remain alert and follow advice on how to protect themselves and their business.

The ACSC has published a range of information about COVID-19 related malicious activity, as well as guidance on securing remote working and video conferencing. Further information can be found by visiting: www.cyber.gov.au/COVID-19.

Staff News

We welcome:

Joseph Bonnici – teaching Religious Education.

Welcome back from leave to:

Lisa Templeton

Tara Morgan

Chris Denny

Student News

Some of you may know that Rohan Laine (Class of 2019), was a finalist in the International ATOM Awards Secondary Documentary category, for his Year 12 Media film, One Sec. The presentation was held late last year, and unfortunately he did not win. However, he is eligible for the Audience Choice award in his category – Best Senior Secondary Documentary. If you are interested in watching his work (or even voting if you choose) you can by following this link, <http://atomawards.org/2020-audience-choice/>, and scrolling to the category.

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:

- Reginald Murrell father of member of staff Deborah Murrell.
- Mardi Symons, grandmother of member of staff Damian Symons.

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.



STUDENT WELLBEING & SELF-CARE



Doug Doherty
Deputy Principal
Student Well-Being & Operations

As we enter our third week of 'Remote Learning' we can all safely say that we are certainly overcoming a range of 'troubles' from education to actually spending time together in isolation.

However, we can proudly state that at Lavalla Catholic College we are striving to ensure that no-one feels isolation in relation to their learning or their well-being.

In this newsletter I will highlight some of the key practices employed by the Well-Being Team and the College to ensure that this is the case.

First of all, the College is open for students whose parents/guardians are essential workers or students who are vulnerable in some way. These students undertake the same remote learning as the students working from home, but within a supervised area that meets COVID-19 restrictions. We have had a consistent number of students attending daily.

Daily Basis:

Each day every student needs to sign in and out of remote learning, by undertaking a well-being task analysing how they are travelling.

This task not only acts as their attendance register, but we are able to follow-up on any student who needs support or trends of negativity. This is triaged by the Well-Being team and contact is made with either parent/guardian or student, depending on the situation.

Parent/Guardian Contact:

This week we commenced the weekly phone calls to parents/guardians, touching base to see if there is any support needed for IT, Learning and Teaching or Well-Being. Again any concerns are triaged and sent to the relevant person or group. It has been very encouraging to hear so many positive comments from families and I would encourage you to continue with these. I intend on creating a digital celebration wall full of these quotations, to give encouragement and support to our amazing staff that are continually adapting to ensure that they can provide the best education and care to our students during this temporary new form of schooling.

Student Well-Being Further Family Discussions:

I would also like to draw your attention to two key Well-Being Optional activities that appear weekly on your child's SIMON interface page, as you can see from below.

The screenshot shows the SIMON interface with a dark blue header bar. On the left, it says 'Daily Messages: 4' with a red notification bubble containing the number '2'. On the right, there are icons for a full screen, a share icon, and a refresh icon. Below the header, the main content area is white. The first section is titled 'Today's prayer' with a red dot icon. It contains a paragraph of text: 'We give thanks for the beauty of rest and sleep; time for our bodies to rest and our minds to process all that we do each day. Help us to remember the power of sleep and to use it well, so that we can be our best selves each day. We give you thanks Lord, Amen.' Below this, there is a red circle highlighting a section titled 'Student Wellbeing - The Learning Curve'. This section includes the text 'Student Wellbeing - Suggested Optional Activities from Planner' and a URL: 'https://learningcurve.com.au/portal/program-week/?year_id=175&month_id=99&week_id=59&education_id=40'. To the right of this section is a blue button with the 'The Learning Curve' logo and the text 'Learning Program'. Below the highlighted section, there is another section titled 'Wellbeing Wonderful Tips & Hints' which includes the text 'Safeguarding - Remote Learning - Start with Safety On-line'. To the right of this section is a red circle highlighting a button with a paper plane icon and the text 'View Attachment'.

"There are moments when troubles enter our lives and we can do nothing to avoid them. But they are there for a reason. Only when we have overcome them will we understand why they were there."

Paulo Coelho
The Fifth Mountain

The safeguarding is focusing predominately on Keeping Safe and Successful On-line. I have also included a ten-week plan so you can see the upcoming topics:

Safeguarding - Remote Learning

Week	Topic	Resource
1	Managing Time On-Line	PARENTS Information (Link HERE) STUDENTS Information (Link HERE)
2	Start With Safety On-Line	BE INTERNET AWESOME (Video Link HERE) DIGITAL SAFETY RESOURCES (Link HERE) TEEN SAFETY TOOLS (Link HERE) E-SAFETY GUIDE (Link HERE)
3	Cyberbullying	PARENTS Information (Link HERE) STUDENTS - Cyberbullying Information (Link HERE) - On-Line Hate Information (Link HERE)
4	Be an Upstander!	CHALLENGE ON-LINE HATE (Video Link HERE) UPSTANDER NOT A BYSTANDER (Video Link HERE) SOMEONE IS CREATING DRAMA ONLINE (Video Link HERE)
5	My On-line Rep	YOUR DIGITAL REPUTATION (Link HERE) WHAT DOES MY ONLINE REP LOOK LIKE (Video Link HERE)
6	Security is Key	PROTECTING YOUR IDENTITY (Link HERE) UNWANTED CONTACT SIGNS (Link HERE) KEEPING ONLINE ACCOUNTS SECURE (Link HERE)
7	Don't overpost!	OVERSHARING & YOUR DIGITAL FOOTPRINT (Video Link HERE)
8	Digital Drama - Not for me	DEALING WITH DRAMA (Video Link HERE)
9	Support my mates	BETTER SUPPORT FOR FRIENDS (Video Link HERE)
10	Success with Stress	MANAGING STRESS (Video Link HERE) MENTAL WELL-BEING DURING SELF-ISOLATION (Video Link HERE)

5 DOs for Parents/Guardian during Remote Learning:

DO

1. Be patient and flexible with your child, your child's teachers and yourself
2. Discuss with your child about their planning to succeed with the remote learning set by the College and individual teachers
3. Encourage your child to spend family time, e.g. helping with chores and playing family games
4. Encourage your child to get fresh air and exercise
5. Contact the relevant school staff member if you need support, respond to emails and phone calls from the College.



DO's



DONT's

5 AVOIDS for Parents/Guardians during Remote Learning:

AVOID

1. Demanding that teachers respond immediately – many have families who are also in isolation, as well as some staff are part-time
2. Expecting that you should be teaching your child – the work set should be adequate to do this, with the support of the teacher
3. Making your child stay indoors in front of a computer each and every day
4. Asking your child to help out at home – they should be flexible in most cases, chores can be done either side of their learning
5. Being a martyr! Ask for the support if required with your child's education.

REMOTE LEARNING



BRETT VAN BERKEL
Deputy Principal
Learning & Teaching

We would like to thank the Lavalla Catholic College community for the way they have engaged with Remote Learning and for the marvellous support shown by parents towards the program. Whilst we are all missing being at school together the innovation and adaption shown by teachers to support your child via Remote Learning is outstanding.

We recognise that learning looks different at present. However, it is more than what your child completes online; it is the life learning he/she is also doing in the family home; cooking, creating, attending to their wellbeing.

Reading is even more important at this time. We recommend at least twenty minutes a day away from digital technology based reading. Students are spending more time than normal engaged in digital technology so the time spent reading offers freedom and escapism when we are restricted in many ways.

We understand that the challenge of working in a self-directed manner is not easy for all children. We are continuing to work on building self-direction and intrinsic motivation in our students. Teachers are doing this through clarity and choice in what they provide. We also need parents to continue to work in partnership with us around boundaries and having those conversations when your child makes choices that do not support their learning. Teachers are finding ways to affirm students using technology, via SIMON feedback, and the sense of community online is very impressive. We want your child's learning to keep them connected at this time when a connection is so tricky.

It is a balancing act for all of us and we are all learning on this journey together.

To continue in assisting you in supporting your child's Remote Learning we will be releasing the PAM Learning and Teaching module earlier than scheduled. The planned release date was early June but we have brought this forward to next week. This will provide real-time tracking of your child's progress in their subjects. More information will be sent out early next week along with instructions on how to access this feature of PAM.

This is Wilson. He is now working from home 😊



**Zoom meeting,
audio only**



**Zoom meeting
with video**



CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission

Slow Motion Time.....

This past month, our Easter season, has been something we've never experienced. In Christian churches around the globe, Easter is a time for celebrating as a community the 'main event' of the Christian faith: the death and resurrection of Jesus Christ. This year, as we know, everything has a different 'format'; we are reimagining how to celebrate, how to gather as community, when we are physically separate. But the Easter season, a time of considering the possibilities of new life, of God's promises to us, continues, regardless of where we are and who we're with. So today, I share with you some thoughts of joy, some 'positive vibes', some ideas of how we can use this time to be Easter people: people who live in hope and who are not diminished by life's challenges.

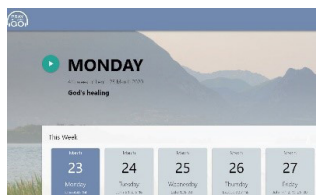
An article recently written by Cardinal Michael Czerny, in the Jesuit publication 'Thinking Faith', speaks of the need for us to look at the experience of Covid-19 and see what we can learn from it 'through the eyes of faith'. Cardinal Czerny reminds us that the Second Vatican Council invited us 'to attune our ears to the voice of God who speaks through human events and experiences (Gaudium et spes, 4)'.

'Under these exceptional conditions, in this 'suspended' time like slow motion that is imposed on us all, we are being forced to slacken our frenetic rhythms, to change our habits, to invent new perspectives, criteria and responses. ...

In coming to terms with [ourselves] and [our] inner life, or seeking comfort and reassurance, or rediscovering the traditions in which [we] were raised, many have felt the need to seek God. ... The certainties on which we have built our existence now seem shaky, and this allows questions of meaning to emerge: what did I live for? What will I live for? Am I capable of going beyond myself? Faith, which rattles the comfortably modern person, can slowly assist questions to emerge, while God is quick to respond.' (['The Church Facing the Covid-19 Emergency'](#))

Just as we see people everywhere taking this as a (forced) opportunity to learn a new skill, play more board games with the family, bake more or do something to improve themselves or their home, the 'eyes of faith' would suggest to us that now is a good time to do some 'home improvements' on our spiritual life. When we are forced to spend time with ourselves, maybe we can take this time to try out a new way of being still, to see if we can remember what we used to do when we prayed, or to do some reading of contemporary spiritual writers, to try out a different way of thinking about God. Perhaps if you've never had the opportunity for a prayer life, this is a change to give it a go, using one of the many technological avenues to try something new. No cost, no risk, just an opportunity.

There are lots of different prayer sites and prayer apps available, two that I can recommend are 'Pray as You Go' (on the app store or on the web) and Sacred Space. Each of them provides a gentle 'walk' through scripture, with reflection questions, beautiful music and images.



The Diocese of Sale has put together a list of links which lead you to a variety of prayer offerings: have a look and try some out, see which one suits your personal style of prayer. <https://www.cdsale.org.au/prayer-and-reflection>

Of course, for many people in our community, the biggest challenge of these times is the absence of their usual weekly Mass or service. Many parishes are live streaming masses, and the Diocesan link below will give you some ideas of how to connect into a live stream mass, to help give some sense of remaining connected to a faith community. <https://www.cdsale.org.au/coronavirus>

Finally, as we as a Nation commemorate ANZAC day on Saturday, there is a beautiful resource put together by Sydney Catholic Schools, called [ANZAC Day Reflections](#) through Scripture which focuses on aspects of Gallipoli with an audio reflection question for each based on a piece of scripture. You might find this a nice way to commemorate ANZAC day with your family.

Wishing you all the blessings of this Easter season

one wild and precious life

FAITH FORMATION



CHRIS ROGA
Faith Formator

Everything is Grace: Formation in the time of COVID-19

I would like to briefly share some thoughts as we continue in lockdown, like most other nations across the globe. Life as we knew it seems paralysed; health care workers are now in the 'frontline', businesses are closed, we are in Remote Learning and many people face financial challenges. All of us are hurting, some more than others.

How can we become better human beings? How can we grow in the time of COVID-19?

Where is God in all this?

First, we look squarely at reality without fear. The cause of this major upheaval is COVID-19, a microscopic virus, 65–125 nm in diameter, merely doing what viruses do. Yet, ironically this microscopic organism has halted the human world in its tracks. In reality, we will find an inoculation against it; in time it will pose minimal threat and lose its power.

In the meantime, while we cannot alter the reality of the moment, we can respond without fear in ways that help us grow.

Second we are grateful, and we pray, for all the helpers; ourselves and others who follow safety directives; those who are risk their health to care for the sick; all essential workers; those who are suffering.

Thirdly, formation is reflecting and processing reality to discover its meaning for us. It is here that growth happens. We take stock, realign our compass, values and goals. Reflection, contemplation, meditation, silence, are the surest ways of finding meaning.

The contemplative tradition offers a beautiful a balance between active service and quiet contemplation. Contemplatives, in every tradition, know experientially that everything is grace, gift. They are able to find traces of God in reality, even in the time of COVID-19.

One of St Teresa of Avila's most famous teachings is a poem known as "Teresa's Bookmark" that was found in her own prayer book after her death:



Let nothing disturb you.

Let nothing upset you.

Everything changes.

God alone is unchanging.

With patience all things are possible.

Whoever has God lacks nothing.

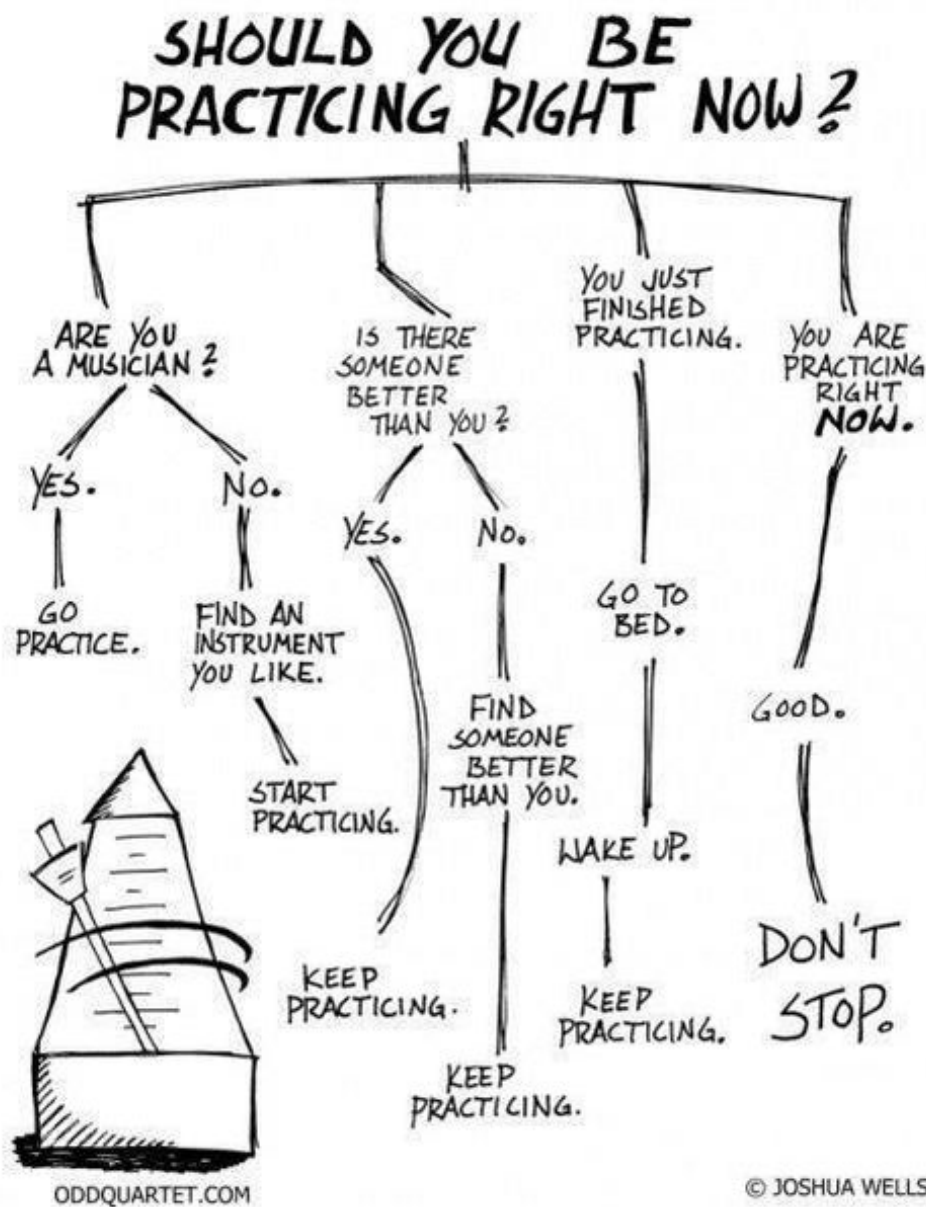
God alone is enough. [2]

I hope Teresa's words will bring you some comfort in this challenging time.

*one wild and
precious life*

MUSIC NEWS

It has been wonderful to have the support of our music students, their families and our tutors as we have rolled out our online instrumental and vocal music lessons this week. While we endeavour to maintain frequent contact with our bands and choirs through Microsoft Teams, individual online music lessons with tutors will be a great way for students to access the support they need to keep improving. We encourage all of our music students to keep up their regular daily practice and if you would like further information about how to get involved in online music lessons throughout Term 2 please enquire at music@lavalla.vic.edu.au



SCHOOL CALENDAR

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

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LAVALLA

CATHOLIC COLLEGE

STRONG MINDS COMPASSIONATE HEARTS

2021 Year 7 Enrolments

To all our current and prospective families, we the Lavalla Catholic College community wish to ensure that the next stage of your child's transition to secondary education is smooth and exciting.

Therefore, it is with great pleasure that we announce that Lavalla Catholic College is currently accepting enrolment applications for the 2021 academic year.

Should you wish to download, complete and submit an application form, they are available on our website.

Please note that a new on-line submission process will be available by 1st June 2020.

However, if you have difficulty making an-online application or you would prefer to complete the process by phone; this can be arranged by contacting our Registrar.

The closing date for applications is Tuesday 30th June 2020.

We recognise this is an unprecedented time and accordingly we will waive the \$100 enrolment application administration fee for all applications recieved by Tuesday 30th June 2020.

Please feel free to contact the College Registrar or Mr Doug Doherty, Deputy Principal – Student Well-Being and Operations, for any further advice.

We wish everyone a healthy future and look forward to having our students move from remote learning to being back in our classrooms.



www.lavalla.vic.edu.au

INSIGHTS

Successful close quarter living



The current physical distancing measures due to the COVID-19 pandemic will be with us for some time. This cocooned existence is a test of parental patience, children's willingness to cooperate and a family's ability to pull together.

So, if you're about to enter the family cocoon, or even if you've been living in close family quarters for some time, the following tips will help ensure your children not only survive each other, but emerge from the cocoon with a strong sense of camaraderie, a greater appreciation for their siblings and knowledge that they belong to a rock solid family who can pull together in a crisis.

Get kids on board

Start your period inside the family cocoon by getting everyone on board. Give kids a voice in how they'd like their social isolation time to flow. Listen to their fears and worries. Empathise with any concerns about missing regular activities and contact with friends but point to the positives of having more free time than normal. Consider providing kids with family organisation roles – the music girl, games guy, food planner and so on – and swapping these regularly to maintain interest. At Parenting Ideas, we believe that it's reasonable to expect kids to help at home and there are many resources at our website that help with this.

Establish structure

Many kids struggle with anxiety when routines break down, so ensure that you have a regular structure that brings predictability to each day. Parents and kids need their own routines starting with get up times, work times and in the event of at home learning, times for schoolwork. Break the day into different time zones that mirror their school days. A regular structure will make the days more workable, feel shorter and be more manageable. It's important to keep daily foundation behaviours in place such as waking up at the same time, dressing for school and preparing for class as they trigger your child's readiness for learning. Similarly, relaxing your routine on the weekend gives everyone a break from the structure of the school and working week. A regular family meeting provides an ideal way to give kids some input into their own routines and also a say in how family-life looks in the cocoon. If formal meeting are not for you, then ask for opinions and gain feedback in more conversational ways.

Set up activity zones

The Nordic countries with their long, dark winters lead the way in successful close quarter living. One of their major strategies for success is the establishment of living zones within homes and apartments. These zones differ from the usual sleeping, cooking and communal living areas that you may be used to. They incorporate areas for individual activities including learning, playing, chilling out and exercise. With consistence use children soon associate a specific activity with a particular zone making concentration and focus a great deal easier. Avoid having multiple activities in one space as this may lead to conflict, while diluting the impact of this whole zoning strategy.

parenting * ideas

Get moving, grooving and having fun

Maintaining children's healthy exercise levels when organised sports and informal group play are prohibited is a major challenge for parents. Some organisation and creativity will help. Establish mini movement breaks during each day involving dancing, shooting hoops and exercise to movement. Remember that any activity that gets kids arms and legs moving is beneficial to their physical and mental health. Amp up the fun factor by incorporating music, dancing to online videos and playing simple indoor games.

Instil good mental health habits

As the old saying goes 'prevention is better than a cure', which is pertinent if your child is prone to anxiety and depression. With routine preventative measures such as playing and talking face to face with friends on hold, consider introducing regular mindfulness and breathing into your daily routine. At Parenting Ideas we recommend the resources at smilingminds.com.au as they cater for mindfulness for all groups and at any level. Schedule times for kids to digitally connect with friends so that they don't experience the effects of isolation.

Know when to steer clear

It's hard for family members who are used to doing things on their own to suddenly be thrust together in each other's company for extended periods of time. Many family holidays end in sibling squabbles because family members aren't used to spending so much time together in the same space. Encourage kids to spend some time alone each day so they can relax, reflect and draw on their own emotional resources. Time alone is an under-rated contributor to a child's resilience and mental health.

And know when to come together

While time alone is important it's also essential for your family to come together to connect, to have fun and to enjoy each other's company. Work out your regular family rituals and make these non-negotiable. Evening meals, family discussions and at least one weekly movie or entertainment activity give children and parents the opportunity to come together on a regular basis.

This time spent with your family inside the cocoon at first may be difficult, as it requires changes of habit and behaviour from everyone. There are many positives to close quarter living brought about by COVID-19. Families now get a chance to connect with each in real time and bond with each other in deep, meaningful ways.

Parents also get the chance to establish the positive behavioural and mental health habits in their children that has so often been made difficult by the insanely busy lifestyle that we've all been living for some time now.

The roller coaster has stopped. It's now time adjust to a slower pace and have the types of conversations and pleasurable times with kids that have meaning, have impact and leave lasting memories.



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.