



From the Principal

John M Freeman

COVID-19 + Return to Remote Learning

Once again, we return to Remote Learning and I want to thank everyone for the work they have done for this to happen in a relatively short period, it is appreciated.

In other sections of this Newsletter, you will find specific information related to Remote Learning, but I do want to highlight a few key matters.

Operating Hours and Access to College

- During the Remote Learning Period, the College will be open between 8.00am and 4.00pm.
- Both Campus Receptions will be open.
- All staff, contractors, visitors, parents and students who need to enter either Campus must sign-in through reception.

On-site Remote Schooling Student Attendance

- Students who can learn from home must learn from home, except where:
- students whose parents, guardians or carers are unable to work from home
- students with additional needs who require learning adjustment
- **vulnerable students including**
 - children in out-of-home care
 - children deemed by Child Protection and/or Family Services to be at risk of harm
 - children identified by the school as vulnerable (including via referral from a family violence agency, homelessness or
 - youth justice service or mental health or other health service).

If you need to send your child(ren) to school, please register your intention to send your child(ren) to Lavalla Catholic College.

The School will continue to ensure that the health and safety of students, staff and the wider school community remains the highest priority with physical distancing measures and hand and respiratory hygiene practises remaining in place for all staff and students in attendance.

In addition, all students attending on-site Remote Schooling will have their temperature taken each morning.

Parents, guardians and carers are required to supply their child(ren) with an appropriate face covering that covers the nose

and mouth. Appropriate face coverings include single use face masks (commonly called surgical masks), cloth face coverings made from three layers of a mix of breathable fabrics or face shields designed to cover the sides of the face and below the chin.

Professional Practice Day – Change of Date

We were scheduled to have a student free day on Monday 17 August 2020 for teaching staff to undertake a Professional Practice Day. However, after consultation with the teacher staff this day has been **rescheduled to Monday 31 August 2020**.

This means that teaching staff will not be available on line during the day, as they will use this time to engage in the following areas: i) planning; (ii) preparation; (iii) assessment of student learning; (iv) collaboration; (v) curriculum development; (vi) relevant professional development.

The College will be open on this day and we will still provide supervised On-site Remote Schooling for students who cannot learn from home.

More details will be sent next week via email.

Year 7 2021

Today we are sending offers for places in Year 7 for 2021 to 221 families.

We are continuing to accept applications, but these applications will be placed on a waiting list.

Thank you to all staff involved in this important process, particularly our Registrar, Allison Foster and Doug Doherty, Deputy Principal Student Wellbeing and Operations.

Virtual Tour



If you have recently visited our website, you may have noticed a link to a Virtual Tour of the St Paul's campus. This was primarily produced as a way to provide new students and families an opportunity to "visit" the campus due to COVID-19 restrictions limiting opportunities to see the school.

If you have time, I invite you to take the tour.

(Click on Image Left to take the Tour)

My thanks to Doug Doherty for leading this initiative and all who assisted, particularly Michael Cleef, Nicholas Cleef, Allison Foster, Natalie Macpherson and Claire Fabris.

SCHOOL CALENDAR

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

*one wild and
precious life*

St Mary of the Cross MacKillop

Today we give thanks for the gift of St Mary of the Cross MacKillop, Australia's first Saint



Mary MacKillop was a young woman with a dream to make a difference in our world. Her dream encompassed opening simple schools where there was no class distinction, offering refuge to the most neglected, and bringing practical help to families. Mary felt very strongly the widespread ignorance of the whole of the spiritual dimension of life and dedicated her life to bringing the message of God's love to all whom she encountered.

She was a passionate woman whose youthful spirit has touched the 'heart and soul' of the Australian people. She embodies all that is best in our Australian nation and its people. Her spirit and values continue to inspire young people today to make a difference in these times.

She was an ordinary woman who lived an extraordinary life. She was a woman who dared to love. She knew that God loved her and she responded to this love with confidence and courage.

Source: <https://www.sosj.org.au/our-foundress-mary-mackillop/marys-story/mary-story-beginnings/>

Ever generous God,
You inspired Saint Mary MacKillop
To live her life faithful to the Gospel of Jesus Christ
and constant in bringing hope and encouragement
to those who were disheartened, lonely or needy.
With confidence in your generous providence
and through the intercession of Saint Mary MacKillop
We ask that you grant our request.
We ask that our faith and hope be fired afresh by the Holy Spirit
so that we too, like Mary MacKillop, may live with courage,
trust and openness.
Ever generous God hear our prayer.
We ask this through Jesus Christ.
Amen.

REMOTE LEARNING



BRETT VAN BERKEL
Deputy Principal
Learning & Teaching

Remote Learning 2.0

As we return to Remote Learning 2.0, please be assured that we are here to support you and your child through these unprecedented times. We, as a College, have learnt several key things from the first round of remote learning and have put in some changes but have kept the vital successful elements. We are looking to provide more depth in the learning tasks offered. You will see a reduction in the number of 'assessment/class tasks' with a focus upon providing the student the time to go deeper into the learning.

Greater connection with teachers. We will continue to provide the quality of support offered throughout RL 1.0 but it will now be integrated with Microsoft Teams. The focus is around connection with peers and their teacher.

Adjustment of the daily schedule to provide time between periods for a 'brain break' with official classes finishing at 2.30pm. We have maintained the popular afternoon flexible learning options where we are encouraging students to undertake technology-free activities. Examples of these are below;

- Read
- Building/making something/passion project
- Drawing
- Playing/learning an instrument
- Playing cards/board games with family
- Making a phone call and talking to a friend or extended family
- Writing a letter
- Going for a walk/run/gallop
- Playing a sport in the backyard
- Doing a workout via gym equipment, app, Youtube
- Assisting with making a meal/bake something
- Assisting siblings with remote learning

Dr Matthew Zbaracki from Australian Catholic University and Jane Plunkett, an ACU-qualified teacher turned education consultant, said what most Victorian parents are doing now is 'home learning'. "The tasks are provided by the school, and the parent may assist as a guide" he said. "Home learning provides more guidance and structure for families than true home schooling".

Dr Zbaracki said the main goal of home learning was to keep children connected with their schoolwork and engaged in age-appropriate learning activities. "These are unprecedented times for all of us, and Victoria is trying to cope with dramatic changes to its day-to-day existence," he said. "It's important that we recognise that parents will facilitate learning in very different ways and that's OK. When teaching children at home, parents must take the pressure off themselves."

Lavalla Catholic College thanks you for your support during this time. The partnership between parents, students, and teachers will be critical to the success of Remote Learning moving forward. In the coming weeks, we will seek feedback on what is going well and what can be improved. We are all learning together.

To assist you in during RL 2.0 we have provided several key resources on the College website [HERE](#) and a parent Startup guide for Remote Learning 2.0 [HERE](#)

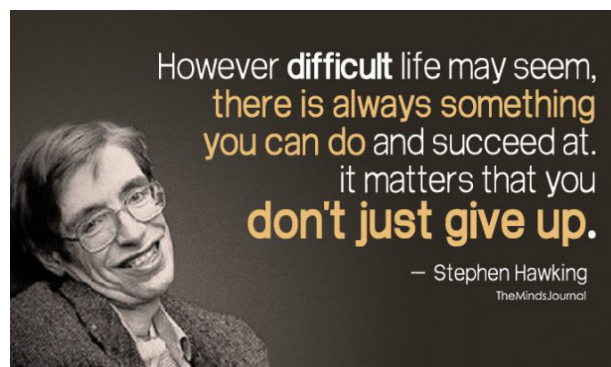
I would encourage you to communicate with us if you need any support concerning Remote Learning we are here to serve and ensure our students continue to learn and grow.

*one wild and
precious life*

STUDENT WELLBEING



Doug Doherty
Deputy Principal
Student Well-Being & Operations



“Be the kind of person who dares to face life’s challenges and overcome them rather than dodging them” – John Allen.

These two quotes from a famous scientist and philosopher are poignant for the circumstances that we find ourselves in again with what we are calling Remote Learning 2.0.

Remote learning is difficult for all – students, parents and staff; however, it is essential if we wish to defeat this dreaded virus. Therefore, in relation to these quotations, I would encourage all students to ensure that they engage with the lessons provided by the teachers and to seek support when required. There is a vast array of support and opportunities to seek support:

Daily Well-Being/Attendance Task:

Each day there will be a daily well-being check task on SIMON, which will look like this:

Please select one of the following and write the number into your task box:

- 1) Feeling great, looking forward to today
- 2) I'm doing well, it's a challenge but I'm winning
- 3) I'm doing OK but I've got support.
- 4) I'm struggling to cope.

If this is not completed by 10am, parent/guardian will be sent an SMS to inform them that their child has not logged onto Remote Learning. This then needs to be addressed via PAM otherwise phone calls to contacts will be made. If no response is gained, an unauthorised absence will be recorded. If there are a number of regular absences, our attendance policy and procedures will be enacted. The attendance so far has been excellent with an average of 96% attendance of students on Remote Learning.

This task will also be used to identify students that need support and a process of support from the Well-Being Team will be implemented.

Weekly Emails to Parents/Guardians:

Homeroom Teachers and LAs will send a weekly email to parents/guardians to check if any support is needed. Please respond if required.

Fortnightly Well-Being Phone Call Checks:

Just like Remote Learning 1.0, a large group of staff will be making phone calls to parents/guardians to offer support with either Well-Being, Learning and Teaching or IT.

This time around we have listened to your responses from your surveys and changed it from weekly to fortnightly. Also, many of the phone calls may come as a withheld number for privacy reasons, so please ensure that you arrange with your support person an estimated time and date so that you answer the call.

STUDENT WELLBEING

Homeroom/LA and House Spirit:

A virtual Homeroom/LA will be held each Wednesday and Friday morning 8:40-8:55am on TEAMS. This is another excellent opportunity for students to seek support as well as being able to 'socialise' with their peers. During this time there will also be some fun House Activities that will be led by Mrs Stewart-Northe, Ms Karina Taylor and the Student Leadership Team, which will result in a House Trophy at the end of the academic year – points of participation.

However, please feel free to contact the school whenever you require support.



This program is specifically targeted to help parents of teenagers (13+ year olds) and is totally free of charge. It was developed by the same group who created the wonderful "123 Magic & Emotion Coaching Parenting Program" (for parents of 2-12 year olds) and continues on from where that one left off.

Engaging Adolescents

-RESOLVE DIFFICULT BEHAVIOUR IN TEENAGERS-

In the interests of supporting parents in the Gippsland region, this program is being offered in a new live online format, so mums & dads can now access it from the comfort of their own homes.

Even though they are able to offer this 5-week program at no cost bookings are essential, parents/guardians need to contact Mark Brookes the Group Work Facilitator to apply while there is time and spots available. Details of dates and contact are available on the flyer in this newsletter.

This course is designed for any parents who may need it, whether they be struggling with parenting during these trying times or just wanting to build on what is already working.

Permitted Workers and Vulnerable Students attending school during remote learning:

We currently are supporting permitted workers and vulnerable students by offering supervision during Remote Learning. It is imperative that people are aware that we are not offering lessons, only supervision and students attending school will undertake the same Remote Learning tasks as those working from home.

Therefore if you or your child are eligible for on-site supervision during remote learning and you wish for your child to attend, you must complete the relevant paperwork that was emailed to you and is available on the website and submit at least a day in advance. We need to be aware of the number of students attending on a daily basis as we also are working with a skeleton staff on campus.

Students attending on-site supervision will be expected to adhere with social distancing, handwashing and facemask requirements, as well as undergo temperature testing on entry to reception, from Monday 10th August. A letter explaining the temperature checks will be emailed.

Year 7 2021 Interviews and process for notification

All current applications have now been processed by the Admissions Team. Successful applicants will receive an email on Friday 7th August and acceptance paperwork will be sent from the College on 10th August. Please return this paperwork before 31st August to secure your child's place.

At present due to COVID-19, we are unable to confirm Orientation Days. However, as soon as we have information regarding this we will inform families.

Stay Safe and God Bless - Mr Doug Doherty



Engaging Adolescents

-RESOLVE DIFFICULT BEHAVIOUR IN TEENAGERS-

Free ONLINE program for parents of teens aged 13+ years

Tired of yelling and nagging?

Resolve difficult behaviour in Teenagers.

In 5 sessions parents will learn:

- Some common ground shared by parents & reasonable expectations to hold about adolescents;
- New understandings of adolescents;
- A three-option model & flow chart for decision making;
- Self check-in, first, for parents;
- Building a relationship with your teenager and making the best of your non-crisis conversations with them.

Parents will receive:

- * **A FREE workbook (valued at \$12) to apply the concepts learnt**
- * **A Certificate of Completion**

Do this highly sought after parenting program
FROM THE COMFORT
OF YOUR OWN HOME

Hurry!
Places are limited

Where?

Live online delivery
(Please contact for details)

When?

12:00pm – 2:30pm for
5 x Thursdays, starting
August 20th, 2020

Cost?

FREE

Get in touch

Bookings are essential!

Please contact:

Mark Brookes
Group Work Facilitator
Uniting Gippsland
P: 5662 5150
M: 0438 204 437
E: mark.brookes@vt.uniting.org

CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission

This year has called all of us to step up and make changes in our lives, rising to the challenges of the global pandemic. Whether it is social distancing, reducing our contact with others or the return to remote learning, we are all called to play our part and work together. Among the stories of shared challenge, and personal hardship, there are good news stories of people showing courage and compassion to others, and we celebrate these as they remind us that life may be challenging, but the human spirit, our ability to show kindness and compassion to others, is not diminished by this global event.

The news of the day is bleak at the moment, so let's share some good news!

Bishop-elect Greg Bennet, will be ordained as the tenth Bishop of Sale on 20 October. Further details will be advertised soon, but we welcome our new Bishop with great enthusiasm and look forward to being able to welcome him in person to the Lavalla community.

Feast Day of Mary MacKillop: 10 Years a Saint

Saturday 8th August is the Feast day of St Mary of the Cross MacKillop, Australia's first saint, who was canonised in 2010. St Mary is the patron of MacKillop House at the College, and importantly, is a great role model of how to turn our skills and talents into service for others. The spirit of love in action is a hallmark of the Sisters of St Joseph, and Mary, the girl from Melbourne, is a great example of how to persist and work for what is right. Marcellin Champagnat would never have met Mary MacKillop, (Marcellin died in France in 1840, two years before Mary was born in Melbourne in 1842), yet the two of them share many things: a desire to educate the poor, a desire to bring the knowledge of God to those who've never experienced it, and a determination to roll up their sleeves and do the work necessary to make their vision a reality.

Remar

Remar, the Marist Youth Ministry program, has been a part of the Lavalla experience for many years, and with changing times, the program is also developing. Next year our students will be able to participate in a youth ministry program called Game Changers, which means that this year's Year 12 Gold Caravel are the last group to finish the Remar journey at our college. Tiannah Goodwin writes about the Gold Caravel online event below. Congratulations to the Golds on their commitment to Remar and thanks to Jasmine Santamaria for her care and accompaniment of the students on this 3 year journey.

Remar Gold Online Experience by Tiannah Goodwin



On Friday 31st of July, the Remar Gold Caravel attended a virtual online Gold 'Experience', in replacement for place of the Gold Retreat originally scheduled to be held on Phillip Island. Attending with many other schools from across the nation, this online experience allowed us to spend time with the people we have grown with over the last 3 years. Although remote, it was still a great night to hangout for one last time before our Remar journeys come to an end. On Friday we played "Have You Been Praying Attention" which was a fun way to reflect on our journey through Red, Blue and Gold Remar.

Our next part of the Remar Gold Online experience was on Saturday. Via Zoom we connected with the Marist Youth Ministry Team and many other Year 12 students. We came together and celebrated what has been a very incredible 3 years in the Remar program, remembering all of the memories of camps and Solidarity trips, building our faith journeys together and making friendships that will last forever. Special thanks to

CATHOLIC IDENTITY & MISSION

all of the people involved in sharing their stories and the creating of this experience.

Remar has been a journey filled with ups and downs and we are so glad to have shared it with all of the other 2020 Remar graduates. Our thoughts and prayers go out to everyone in Remar over the next coming weeks, months and years as we move into our adult lives. May we always remember our Remar adventure.

Thank you to Ms Jasmine Santamaria for helping us grow as individuals and as a group.

Cheers to Clinkers Angels and the best group of friends:

Grayson Barnes, Emily Gatti, Hollie Gooding, Tiannah Goodwin, Emily Liang, Alexa Stewart, Jye Tactor, Ayva Van der Velden, Jacob Wilson and Niamh Williams



Prayer for Bishop-elect Greg Bennet

Eternal God, our Shepherd and Guide
We bless and thank you for the appointment
of your servant, Greg Bennet, as the tenth Bishop of
Sale.

May your Holy Spirit grace him with the gifts of
wisdom and strength, gentleness and compassion,
as he prepares to take up his role as our pastor and
teacher.

May he be a shepherd after your own heart,
who will walk in your ways and, with loving care,
watch over your people.

May he be a leader of vision and a teacher of your
truth.

As Bishop-elect Bennet prepares to make his home
among us, may we welcome him joyfully into our
Diocesan community, now entrusted to his care
and leadership.

May we, as the Body of Christ in the Diocese of Sale,
through our work and prayer together bear witness
to Christ and the building up of your kingdom.

We ask this through your Son Jesus Christ, in the
unity of the Holy Spirit, One God, for ever and ever.
Amen,

Our Lady of Perpetual Help, pray for us
St Mary of the Cross MacKillop, pray for us.



FAITH FORMATION



CHRIS ROGA
Faith Formator

We live in a time of both crisis and opportunity. There are thousands of reasons to be anxious, but there is also much hope. We are rediscovering what is really important, of value. We are discovering our commonality, transcending our differences. In great stress, we are showing great compassion and unity. We are discovering nonduality, a way of being human; thinking, acting, reconciling, boundary-crossing, and bridge-building based on inner experience of God and God's Spirit moving in the world. We're adding contemplative consciousness to our rational mind. When we have both, we're able to see more broadly, deeply, wisely, and lovingly. We can collaborate creatively for the common good.

At this time, I wish to focus your attention on five events and people that display this way of being.

Victoria: Stage 4 and Stage 3 Lockdowns (August 2020)

We are all connected globally by this microscopic virus. It is extraordinary that this has wreaked so much suffering, death and disruption. The best scientific minds are racing to discover a vaccine. In the meantime, we have to change the way we live and the way of life has changed forever.

We all experience grief in some way. And we have also experienced humans at their best; putting the common good ahead of personal comfort; making innovative connections; building community on virtual platforms; celebrating life in the midst of gloom. The vaccine will come; this too shall pass.

Hiroshima Day: 6 August 1945: 75 Years later.

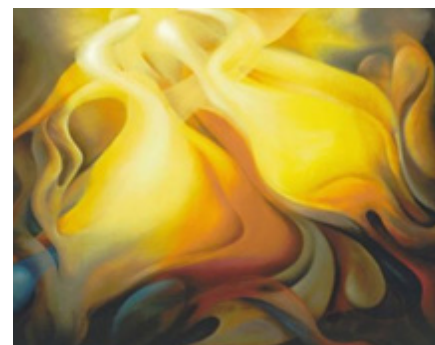
9.00 am, 6 August, 1945. A clear blue sky sealed Hiroshima's fate and shaped the course of global history. They were ideal conditions to drop this bomb. The city was starting another day. A lone American bomber above did not raise any alarm. The bomb detonated at about 2000 feet above Ground Zero, for maximum impact. It was precise, scientific and deadly. There is no need to go into the horrific details.



The photograph on the left shows the devastation. The photograph in the centre shows Hiroshima sixty years later. Every year on Hiroshima Day children sail lighted peace boats down the river in a scene reminiscent of South Bank in Melbourne. The lesson of Hiroshima is peace, one of hope for the last 75 years. Hiroshima is one of the most peaceful cities in the world. While the consciousness of the horrors of the bomb remains, you can touch the peace.

The Transfiguration of Jesus, (about 30 CE.)

The Transfiguration of Jesus is a strange scene. Something like this happens once in a while. Something touches us deeply, something incandescent, so alive that it transfigures us. We recognise the other, and in doing so we recognise our true self. Peter, James and John experienced this with Jesus. So do many people. And most of us experience this as love; it transforms; it affirms; it brings us to new life. Nothing is the same from this moment on. Everything is changed, perfect for a brief time, the memory of which haunts us forever, and which shapes our lives.



1 Transfiguration Almando Alemdar 2004

FAITH FORMATION

St Mary MacKillop (1842-1901)

Born in Melbourne, she was an ordinary woman, who lived a quiet, but extraordinary life. Poverty shaped her worldview, and with Father Julian Tennison Woods, himself an accomplished human being, she dedicated her life to bringing love and life to the underprivileged. She integrated the spiritual with the practical to transfigure the lives of countless Australian children and contribute to building an Australia that we inherit today. The Church, who has once excommunicated her, recognised her as a saint in 2010 CE.



SPORTS ENRICHMENT

KAREN JOYCE

Sports Enrichment Coordinator

Unfortunately due to COVID19 school restrictions our Sports Enrichment athletes have not been able to participate in their morning training sessions. However last Wednesday July 22nd they had the opportunity to attend an incursion to refocus on their goals and their own training regime.

During this Sports Psychology sessions the focus of the day was to find their “WHY”. Why do you want to be an elite athlete? What drives them to succeed? What gives you purpose, motivation, determination, discipline...? Your “WHY” has to be powerful, deep and intrinsic. Developing a WHY is the best way to ensure you are making progress towards your goals and avoiding setbacks towards said goal.

As well as defining and writing down their “why” the athletes also revisited their goals and their plans to achieve them. They participated in activities to look at and develop their leadership skills.



INSIGHTS

When young people challenge family traditions



Strong families develop their own traditions and rituals that define them and bind members together. They are the coat hooks upon which we hang our family memories. By definition, they are permanent and not set aside when life gets busy. They also link young people to their childhoods at a stage when everything around them is changing.

Develop traditions early

Family traditions are relatively easy to develop when children are pre-school or primary school aged. Parent approval is important to most children, so they will generally fit with family traditions and rituals that they enjoy and provide a relaxed, calm atmosphere.

Young people can challenge family traditions

Adolescents are likely to challenge many of their family's traditions and rituals, which is often difficult for parents to encounter. Questions about, or even defiance towards the way you act as a family can come suddenly and be a shock to parents. On one hand, you know that your young person's challenge is healthy and part of their search for identity separate from their parents. On the other hand, to discover that the child you brought up to respect family and even cultural traditions and rituals no longer wants to follow the family or cultural line can really sting.

Know the traditions that are negotiable

If part of the healthy development of young people means stepping away, albeit, temporarily, from their family it helps to establish those traditions that are negotiable and those that are non-negotiable. For example, if family birthdays are important then your young person may no longer need to attend their aunt's birthday but they need to attend the birthday celebration of their immediate family members. "This is non-negotiable!" should become part of your family's proprietary language.

Give young people some leeway

Giving your young person some leeway in family activities is recognition that they are growing up, but this shouldn't be confused with growing away. Recent studies reveal that young people value being part of supportive family, but they want their family life to accommodate their burgeoning independence.

Make family meals non-negotiable

This writer recommends that shared mealtimes should be non-negotiable in families. There is a correlation between good mental health in young people and those families that share a meal at least five times a week. A young person can too easily drop out of their family unless there is a tradition or ritual that keeps them connected.

parenting*ideas

Healthy families are built around traditions and rituals. It's useful to approach the concept of family traditions with a mix of flexibility to accommodate a young person wish for more independence and firmness to hold the line on those rituals that are essential to your family's identity and your young person's wellbeing.



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.