



From the Principal

John M Freeman

Characteristics of Marist Education

During the last term, Marist Schools Australia Principals and Regional Directors met several times, using enterprise video communication technologies, to identify and capture learning principles. There were seven principles identified:

1. We are Mission focussed;
2. We are Learner focussed;
3. We are committed to feedback-rich reflective practice to the new paradigm;
4. Our values as Marist educators are evident;
5. We respect and respond to diversity among our students;
6. We are committed to excellence in teachers and teaching; and
7. Our Principals are leaders of learning. These principles are being used to support, guide, refine further development.

All are valuable; however, in this Newsletter, I will focus on how the fourth principle referring to values of Marist Educators, which are reflected in what is known as the Characteristics of Marist Education, inform our style of education, not just in these times.

Presence – By, for example, seeking alternative ways of maintaining positive relationships between student groups through the Student Leader broadcasts and Weekly House Challenges. Also, between staff and students through regular check-ins, team meetings and phone conversations with families about particular pastoral care needs.

Simplicity – By, for example, ensuring simplicity of access and delivery in our teaching and clarity in our expectations of students and colleagues’

Family Spirit – By, for example, ensuring preferential attention and support is provided to those students whose needs are greatest or for those whose situational contexts are more complex.

Love of Work – By, for example, continuously seeking ways of making off-site learning arrangements engaging, varied, flexible and meaningful through active participation and where possible, learning by doing.

In the Way of Mary – By, for example, bringing the Marial dimension of tenderness, strength and consistency to our teaching, and ensuring prayer and reflection are essential components of the way we deliver off-site learning arrangements to our families.

COVID-19

Thank you again to everyone for your support during this current period of Remote Learning and in particular, since we were advised by the on the evening of Monday, 10 August 2020 that we had two confirmed COVID-19 cases that had attended school during their infectious period.

Whilst in many ways the need to close the campuses and to assist in the contact tracing of close and casual contacts did not impact on the majority of people, it nevertheless would have caused concern and anxiety.

As communicated to families on Wednesday, 19 August 2020, we have been advised from the Department of Health and Human Services that they have made an assessment that the College can continue ordinary operations at the Traralgon sites.

Below is a link which contains information on the Coronavirus in multiple languages and should be a beneficial resource for members of our community.

www.healthtranslations.vic.gov.au

The Call-to-Test service will enable vulnerable Victorians in metropolitan Melbourne to get tested for COVID-19 at home with a qualified health clinician. The service will provide access for people who cannot leave home due to injury, mobility or other eligible reasons.

Access to the Call-to-Test service will be available to individuals who have COVID-19 symptoms and meet the following criteria:

- people with an injury, chronic health issue, or frailty affecting mobility
- people with moderate to severe physical or psychosocial disability
- people with moderate to severe mental health or behavioural issues not otherwise classified as a psychosocial disability
- carers for a person with moderate to severe disability.

People without symptoms may be eligible if they have been identified by the Department of Health and Human Services (DHHS) as being a close contact, have received direction from DHHS to be tested, and meet any of the criteria detailed above.

A referral from a General Practitioner for a COVID-19 test is required to access the Call-to-Test service unless a person has been directed to get a test by DHHS because they are a close contact.

Further information about Call-to-Test service can be found on the [DHHS Website](#).

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 teaching staff, this day has been rescheduled to Monday 31 August 2020.

This means that teaching staff will not be available online 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.

*one wild and
precious life*

Year 7 2021

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

Subject Selection and Re-enrolment

Our Year 9, 10 and 11 students have been working on their 2021 Subject Selection over the past few weeks. The Year 8 students will begin this work on Monday 24th August.

Our planning for 2021 relies on this information, so it is important that students meet the due dates. Our on line Subject Selection Portal, Web Preferences, is currently available and selections are due on Tuesday 25th August for all Year 9, 10 and 11 students. Year 8 students will submit their selections via their homeroom teacher by Friday 28th August.

Students should refer to their Homeroom, LA or Personal Learning teacher for assistance meeting these deadlines.

Thank you to all involved in the subject selection process, including the Virtual Expo Information sessions. This is an essential task as the subjects we will provide in 2021 are very much determined by student choices, especially in the Senior Pathways years of 10, 11 and 12.

We are undertaking our re-enrolment process as well, and it is vital that the forms are returned as soon possible so that we can continue planning for 2021.

Student News

Congratulations to the following Year 9 students- Miles Verchuur, Emma Monk, Jaclyn Little, Josh Verhagen , Josh Dalton, Matthew Reddick – who in a school vs school Science Week Trivia competition organised by the Gippsland Tech School, have emerged as the winners. Calling themselves the ‘Dork-side Quasars’ they answered questions covering Physics, Maths, Chemistry, Space, Biology and Environmental Science.

A team aggregate decided the winning school, and Miles took out the top honours overall, with Emma in third. Thank you as well to Lisa Williams and all those who supported the students in this endeavour.

Staff News

Congratulations to **Katie Lee**, who has been nominated for a Drama Victoria 2020 Award:

Rob Gailbraith Award for outstanding contribution to drama for up to 5 years teaching

This award acknowledges “an early career teacher who has been: a) teaching drama for up to and including five years; b) an excellent role model; c) demonstrated outstanding and innovative work within their educational setting and/or community, and d) shown to be innovative and passionate about their job.” The winner of this award will be announced during the Drama Victoria 2020 State Conference on the opening night session- Friday 11 September 5:30- 7:30.

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*



i intend to

walk confidently

I intend to walk confidently through darkness
with belief in my ability to thrive amid uncertainty.

I intend to walk confidently through darkness
no matter how fluid and foggy my life feels.

I intend to walk confidently through darkness
and set aside what keeps me from loving self and others.

I intend to walk confidently through darkness
trusting I have guides aplenty to help me find my way.

I intend to walk confidently through darkness
with freedom to ebb and flow like the tides.

I intend to walk confidently through darkness
and not give in to fear or worry.

I intend to walk confidently through darkness
believing I have strength enough to face any resistance.

I intend to walk confidently through darkness
being still as a mountain resting in the trust that all shall be well.

Stepping into the Darkness by Joyce Rupp

Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? *Matt 6: 25-27*

Mary Our Good Mother, pray for us.
Saint Marcellin Champagnat, pray for us.
Saint Mary of the Cross MacKillop, pray for us.
Let us always remember, to pray for one another.

Recurreccion by Fr Sieger Koder

REMOTE LEARNING



BRETT VAN BERKEL
Deputy Principal
Learning & Teaching

Remote Learning 2.0

As we face the challenges of remote learning for a second time, the primary objective for our teachers is to quickly provide reliable access to instruction and support during this time. We were all very sad to see our students leave – no one wanted to return to remote learning. In response to feedback from staff, students and parents, Lavalla Catholic College has revised the remote learning programme which now features more virtual learning opportunities.

Teachers will have more flexibility to deliver timetabled classes using Microsoft Teams to increase 'live' contact with their classes to maintain greater connection with the students.

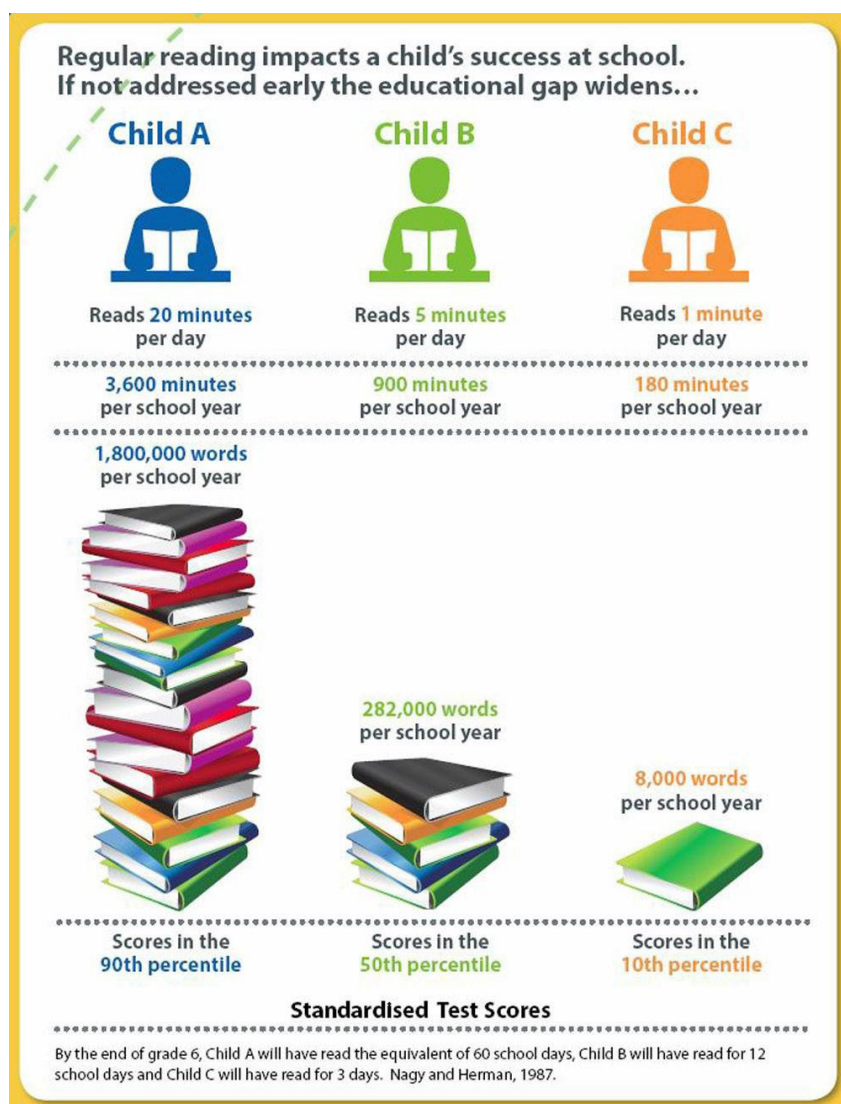
Please familiarise yourself with the resources available on the website under the Remote Learning Tab and also specifically the Remote Learning Start Up Guide for Parents. This covers key points and information relating to RL 2.0, especially regarding child safe practices, appropriate use of technology and expectations for attendance and learning activities.

The Power of Reading

As we return to RL 2.0, looking after our mental health is even more important. Reading, or listening to books, is a proven way to increase your sense of connection to others and wellbeing. We recommend that students take the time to complete technology free activities and there is no better way than to read a book. We have consistently said to students if they read for at least 20 minutes per day in will improve a child's exposure to a rich vocabulary; 1.8 million words a year in fact!

Reading can help young people cope with life's challenges. Research has shown that overwhelming stress or trauma negatively impacts a student's ability to think, feel, learn, and grow. However, if students read about topics like what they are confronting, they can feel less alone. Exploring stories from a safe distance gives readers a chance to reflect on their personal situations and get insight into life's challenges.

So encourage your child to take the time to get off technology and read.



one wild and precious life

CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission

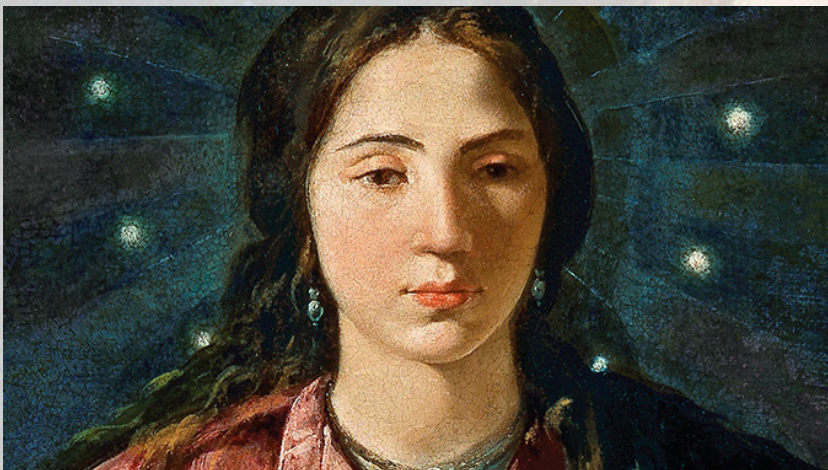
Feast of the Assumption

On Saturday 15th August the Catholic Church celebrated the Feast of the Assumption. This feast of Mary is a 'big event' in the Church, and even though in Australia it probably passes by with not much fanfare, particularly in a time of covid-19 when even parishes can't gather to celebrate, in other countries around the world it is celebrated with processions, masses, picnics, town fairs and many other celebrations. It is a Big Deal. In our modern way of looking at the world, the Feast of the Assumption is not easily understood. When we were children, we might have pictured Mary, mother of Jesus, being taken up to heaven on a cloud or carried by angels, but this isn't something we easily imagine as adults. The teaching of the Church that Mary was assumed into heaven, body and soul, at the end of her earthly life, can be difficult to understand as we get caught up in our 21st century way of looking at the world. I offer an excerpt of an article by Fr Richard Leonard which may help you to think about the Assumption, and the person of Mary, in ways which speak more clearly to your life.

Throughout history there are those who have ransomed the memory of Mary to fit in with how they understand women should behave in society. As a result, sometimes, Mary is presented as meek and mild, passive and subservient. The problem with this view is that it is impossible to reconcile it with the ten stories we have of Mary in the New Testament...

The New Testament does not demonstrate a meek woman, devoid of creativity and initiative. It shows a strong, noble woman who put her free will at the disposal of God's will. That is what the feast of the Assumption celebrates: that because God will never be outdone in fidelity and generosity, he remained utterly faithful to Mary through death, as she was utterly faithful to him in life.

Richard Leonard SJ, Liturgyhelp.com.au



This picture of Mary, strong, noble and faithful to God in all things, is a person we can turn to, particularly in times of crisis such as the one we are in now. Perhaps what she models for us is this 'utter faithfulness' to God, perhaps she models an unswerving support of her child, even if the face of danger. Perhaps she is a comfort to us: another human being who knows what it is to face human frailty and suffering and continue on. However we view her, Anne Rennie suggests that Mary's response to God, her "Let it be..." could be a mantra for us in these days.

"Let it be. Almost mantric, these three whispered words of wisdom hold the key to an internal recalibration that unfolds as it should... Let it be...allow time to do its patient healing work, time to let things take their course...time to recognise the truth about yourself and the things you cannot change. Let it be summons us to stillness. Let it be gives us back to God."

(Anne Rennie, Australian Catholic Youth Prayer Journal)

CATHOLIC IDENTITY & MISSION

Marist Schools Australia: Invitation to join in prayer Fridays at midday

As the world continues to meet the many challenges faced due to COVID-19, we are acutely aware of the particular pressures on our school communities in Victoria. Whilst the constant bad news of growing numbers of infected people across the globe can manifest a sense of despair, we Marists are people of hope. In solidarity during this time of crisis, schools are invited to join across the country in prayer each Friday at midday. The simple prayer- the Angelus- is included with this newsletter. Frank Molloy, Director Marist Schools Australia (Please insert into newsletter following this article)

The Angelus

As Marists, together we pray:

The Angel of the Lord declared to Mary.
And she conceived of the Holy Spirit.

*Hail Mary, full of grace, the Lord is with you;
blessed are you among women and
blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us
sinners, now and at the hour of our death.
Amen.*

Behold the handmaid of the Lord.
Be it done unto me according to Thy word.

Hail Mary...

And the Word was made Flesh.
And dwelt among us.

Hail Mary...

Pray for us, O Holy Mother of God.
**That we may be made worthy of the
promises of Christ.**

Let us pray:

Merciful God,
hear our fervent prayer for all who are
suffering during this pandemic, may they
find comfort in your healing presence.
Protect and guide those who strive to find a
cure, that their work may restore
communities to wholeness and health.
We ask this through Christ our Lord.
Amen.

AN INVITATION FOR ALL MARISTS ACROSS
AUSTRALIA TO PRAY TOGETHER AT MIDDAY
EACH FRIDAY DURING THE PANDEMIC



Image: "Purity & Grace" by Jeff Eckford, St Brendan's Annamatta, 2012 Christmas Story

marist
EDUCATION OF
HUMANITY THROUGH
FAITH

On the eve of Spring, an invitation from the churches of Victoria
to be a light in the darkness.

Light in the Darkness

Time Out for a Suffering World

Monday
31 August 2020
7.00pm

As the last light of the last day of
winter fades, stand in your front
garden and spend some time in
silence, perhaps light a candle,
to remember all those who have
lost their lives to the Coronavirus
or to violence. Then, as the first
night of spring begins, look to the
future with prayer and hope. Let us
move from the cold and the dark
into warmth and light together.



Light in the darkness prayer initiative

MONDAY 31st AUGUST, 7:00pm - on the eve of spring in Australia you are invited to a moment of unity and time out to pray for our suffering world. Light in the Darkness is an initiative of the churches of Victoria, it is a simple ritual of light and prayer, please see details below.



FAITH FORMATION



CHRIS ROGA
Faith Formator

We long for freedom and fulfilment, harmony and connectedness. It is a desire born deep into the human DNA.

One way each of us can find freedom and fulfilment is through the faithful practice of Meditation. I offer you a few simple steps so you can grow into fulfilment and freedom.

The Prayer of the Heart

Each of us is a prayer from God to the world. Deep within each of us is a prayer phrase longing to be expressed, the Prayer of the Heart. It matches our breathing; two simple words/phrases—one said on inhalation and one said on exhalation and repeated. Early Christians longed for Jesus to return and be among them in physical reality. They used to pray, “Ma/ra/na/tha”, (Come, Lord Jesus),” in four syllables; two (inhale) and two (exhale).

This prayer is simple and will stay within you, bubbling away all day, all week, and even a lifetime, sustaining you in a state of calm and joy.

The Exercise of Meditation

- Centre yourself. Sit in a comfortable position; body weight evenly distributed so that you feel stable. Take about five deep, slow breaths and allow the tension of the day to flow out with each exhalation. After five deliberate breaths, turn your attention away from counting and allow your breath to find its natural pace. Enter into silence and stillness.
- Finding your sacred word: What is your deepest and truest longing for life with God at this moment? Check in with your deepest and truest self; what is it that you seek from God? (If you find that your longing feels “tacky” or too worldly, try suspending judgment and instead looking at what’s at the base of that desire.)
- Give that longing a short phrase. For example, if your deep desire is inner freedom, then your phrase would be “freedom” or “inner freedom.” Make sure that your phrase is not too long.
- What is your favourite name for God? How do you image the Creator? Choose whatever name seems to fit best for you. Some examples include: Jesus, Wisdom, Father, Mother, or Mystery. Be as creative as you want to be. But again, keep the name rather short.
- Combine your name for God with your longing. For example, if my phrase is “freedom” and the name I choose for God is Christ, my prayer of the heart might be “Freedom, in Christ.” Spend a few moments coming up with your two-part prayer.
- Saying Your Sacred Word: Begin to say—either aloud or silently—your phrase. You may inhale on the name of God and exhale on the desire or vice versa. Spend several minutes breathing this prayer. Make it your own. Allow God to inhabit this prayer.
- Enter Into Silence: After several minutes of repeating this prayer, sink into contemplative silence. Allow the love of God to fill you and surround you.

If you want to be sure to remember this phrase to pray it throughout the day, write it down. You might want to place it on the back of a business card and put it in your wallet or pocket. Place it on a sticky note next to your computer, or on the door of your refrigerator.

Year 12 Meditation Session: 20 August 2020; online from 2.45 pm.

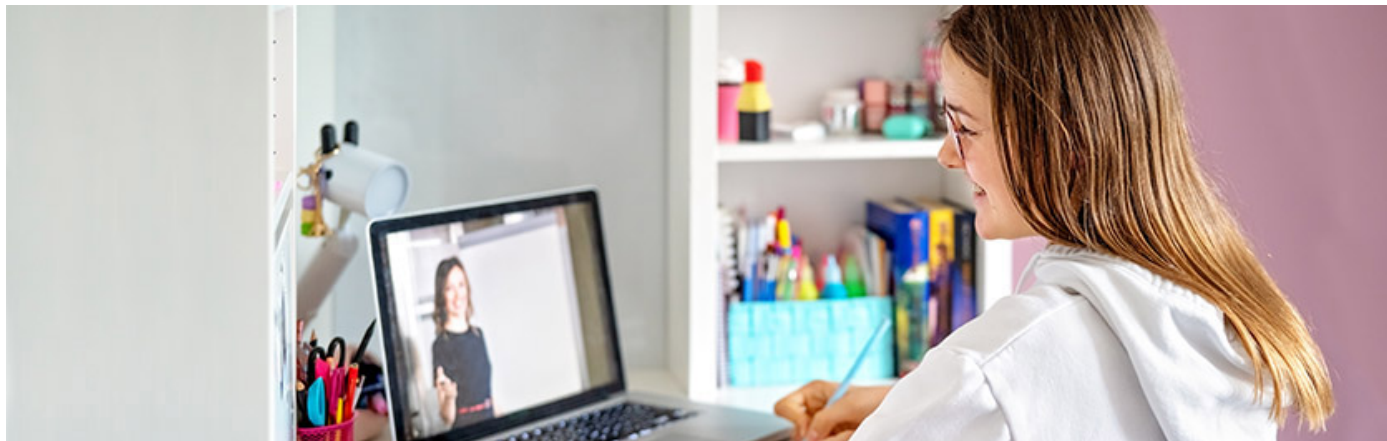
On 20 August, at 2.45 pm, the Year 12 cohort is invited to attend a Meditation, which because of the new times, will be conducted online. Let us pray for the Year 12s – and others doing Units 3 & 4 subjects- in this special year.

Communication

Please feel free to share any comment you may have with me at rogachr1@lavalla.vic.edu.au All comments are welcome.

INSIGHTS

Staying the course in COVID times



COVID-19 continues to test us in ways that were unimaginable at the start of 2020. It's becoming the defining event of this generation and a reference point for decades to come. We've had depression kids, war kids and now we have COVID-19 kids.

The impact of COVID-19 is felt differently across the country. Currently, Victoria is in Stage 4 lockdown while other states are on high alert. Not every student is working from home, but most students are COVID conscious, knowing that they're only a corona cough or virus-filled hug away from remote learning.

Encouraging kids to stay the course when they've been denied access to the classroom, peers and community activities is now a common parenting challenge. Denial is generally tolerable in the short term, but the novelty of changed circumstances soon wears off. The following strategies will assist both parents and kids to stay the COVID long course:

Accept difficult emotions

'There's nothing so bad that we can't talk about, but there are behaviours that we won't accept' is a mantra that serves families well. It's okay for children to feel frustrated, annoyed, angry or upset about their change of circumstances due to the pandemic but that doesn't give them permission to behave disrespectfully, miss school requirements or fail to assist at home. It helps if parents validate how their children feel, then encourage them to focus on fulfilling school and family expectations.

Encourage acceptance

Some children and young people will protest the COVID induced changes that have been imposed upon them. In some respects, it may be admirable for children to push for a better deal, but the severity of the COVID-19 pandemic means that the individual needs to bend toward the greater community good. This is simply a case of accepting and making the best of the situation at hand.

Take it one day and week at a time

On family bush walks my young children would rarely complain when the tracks were windy. The complaint levels rose when paths were long and straight as the finish line seemed such a long way off. In a similar vein during our current times it's smart to keep kids focused on getting through each day and week rather than look too far ahead. Six weeks of Stage 4 may seem intolerable, so it's better to focus on getting through each day and week.

Be the hope person

Help children and young people understand that they will get through difficult times. "This too shall pass" is perhaps the most apt meme for our times. If your hope bucket is emptying out, seek out positive friends and relatives who can top it up. Our own resilience needs nurturing if we are to last the distance.

parenting*ideas

The internal parenting manual that guides us probably doesn't include chapters dealing with remote learning, lack of peer interaction and kids' disappointment. Most of us are treading new parenting ground so it's best to be open to change, accepting of difficulties and forgiving of inevitable parenting stumbles.



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.