



From the Principal

John M Freeman

This has been a tumultuous time this term and I do thank everyone for their hard work, resilience, tolerance, ability to live with uncertainty, good humour, patience and capacity to demonstrate mercy to ourselves and others.

I wish everyone a safe, productive and refreshing break.

Year 12 Captains for 2021

The process for the selection of our College Captains for 2021 has had to be done differently this year. Key changes involved student nominees being interviewed via Microsoft Teams, speeches being recorded and watched on Clickview and voting being completed using Microsoft Forms.

In other words the entire process had to be undertaken using technology. Accordingly, well done to Megan Stewart-North for her work in ensuring this has happened so smoothly.

Voting closed last night and an announcement regarding our Captains will be made next term when students return to face to face teaching.

Term 4

Elsewhere in the Newsletter there will be more details relating to key dates, but I do want to highlight a few matters in my section.

Monday 5 October

Is a student free day for staff to undertake the following tasks: Planning, Preparation, Assessment of student learning, Collaboration, Curriculum development, Relevant professional development and Compliance Tasks.

Therefore staff will not be available online. This is an opportunity for students to complete work from term 3 and prepare for term 4.

Please note; for those families that may require their child to attend school on this day we will provide supervision for students.

Tuesday 6 October

Remote Learning resumes for all students. Also during this day we will be undertaking our VRQA Review.

Wednesday 7 October

The General Achievement Test (GAT), will be conducted on the Kildare Campus.

Monday 12 October

All students Return to Face-to-Face Teaching.

St Francis Prayer

Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O, Divine Master, grant that I may not so much
seek to be consoled as to console;
to be understood as to understand;
to be loved as to love;
For it is in giving that we receive;
it is in pardoning that we are pardoned;
it is in dying that we are born again to eternal
life.

St Francis of Assisi

Year 7 2021

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

Staff News

We farewell the following staff at the end of this term:

Lisandra Purton, who is leaving us after completing a maternity leave replacement position as one of our Career Counsellors.

Ian Francis, who has taught in English, Humanities and Religious Education classes and is now returning to Melbourne.

Congratulations to Damian Symons and his wife Van on the recent birth of their daughter, Claire Jane.

Congratulations to Katie Lee on receiving the Rob Galbraith Award at the Drama Victoria Conference.

Condolences

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

Nell Coleman – Aunt of Jannet Taylor and Great Aunt of Jonathan Taylor (Yr 10)

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.

Term 4 Key Dates

Date

Monday 5th October

Wednesday 7th October

Monday 12th October

Friday 16th – Thursday 22nd October

Friday 23rd October

Thursday 29th October

Friday 30th October

Monday 2nd November

Tuesday 3rd November

Tuesday 10th November

Monday 23rd November

Wednesday 2nd December

Friday 4th December

Event

Student Free Day – Professional Practice Day

Unit 3&4 General Achievement Test (GAT)

Return to On-site Learning all students Years 7 – 12

Unit 3&4 Trial Exams

AFL Grand Final Public Holiday

Final Day Year 12 classes

Year 12 Farewell Day

Student Free day – Year 10 and 11

Student Free Day – Professional Practice Day

Melbourne Cup Public Holiday

VCAA Exam commence

2021 YR 11 and 12 Transition begins

VCAA Exam end

Final day of classes for all students

REMOTE LEARNING



BRETT VAN BERKEL
Deputy Principal
Learning & Teaching

Supporting Students During Remote Learning & Term 4

As we come to the end of this unique period of Remote Learning 2.0, the College continues to ensure that all students are provided with the best learning opportunities possible. Teachers have continued to work extremely hard to support all students during this time. We will continue this in Term 4 as we transition to on-site learning. We are particularly focussed upon our Year 12 cohort and how best to support them. There has been significant time and planning gone into structuring Term 4 to maximise face to face teaching and prepare students for the upcoming Unit 3 & 4 exams.

GAT Reminder

For our Unit 3 & 4 students, the General Achievement Test (GAT) is to be held on Wednesday, 7 October, the first week of Term 4. Any student who is completing a Unit 3 & 4 subject this year, whether they are a Year 12, or a Year 11 student is required to sit this test. The GAT will run from 10.00 am-1.15 pm. There will be several COVID-19 safe processes that will need to be completed before students can enter the GAT. We are asking that students are on-site no later than 9.15 am. Further specific details will follow before the GAT.

Unit 3 & 4 Trial Exams – Term 4

Being mindful of the health and wellbeing of our students, while still providing appropriate preparation for upcoming VCAA exams, the 2020 Unit 3 & 4 Trial exams will be held from Friday 15 October to Thursday 22 October. An exam timetable will be distributed in Term 4. To maximise the opportunity for revision and face to face teaching Unit 3 & 4 classes will run during this time. The final day of official Unit 3 & 4 classes will be Thursday 29 October.

VCE Revision Sessions and VCAA exams

VCE revision sessions for Mathematics (Friday 6 November) and English and English Language (Monday 9 November) will be held prior to the exams. All students are highly encouraged to attend these. VCAA exams commence on Tuesday 10 November with English starting at 9.00 am.

Thank you, Parents and Guardians

Thank you for your support throughout this Remote Learning 2.0. Without your engagement and support in RL 2.0 success would not have been possible.

We look forward to all the students of Lavalla Catholic College, joining us as one community on Monday 12th October

**THINK AND WONDER,
WONDER AND THINK.**

~ DR. SEUSS

*one wild and
precious life*

STUDENT WELLBEING



Doug Doherty
Deputy Principal
Student Well-Being & Operations

We have all certainly been on one strange adventure and certainly not routine. Term Four will be a new routine, which will see students return to on-site learning. I would like to thank all our students and families that have so positively engaged with the College community during our last Remote Learning.

Safety & Support

During this RL 2.0, we continued to have fortnightly phone calls to families to offer a range of support. This was also accompanied with weekly emails from our LA/Homeroom teachers as well as the daily well-being tasks for every student. Support from our College Counsellors was also available and as we seen from the survey was accessed by a significant number of students.

This support will now move back to our On-Site support and we request that if any student does not feel safe, happy or have opportunities to be successful; they should access the support as outlined in the planner, or as advertised throughout the College. As parents/guardians, if you feel that your child needs to access support to assist in their return back to On-Site learning, we would ask that you email the Wellbeing Team.

Operations

As we continue to journey together through this COVID-19 Pathway to Recovery, the Operations Team continue to aim to provide excellent experiences for our students as allowed by various authorities. The team will meet during the holidays to finalise the Yr12 Celebration and Graduation plans. So we thank-you for your patience as we cooperate with authorities, students and staff to provide the best experience for our Graduating Class of 2020, that is permitted.

Cyber Intelligence

Each week on SIMON, we have posted Cyber Intelligence and Safety activities to help inform students and their families. This week is an excellent resource to help prompt discussions on the benefit of safeguarding whilst on-line: Safeguarding- Remote Learning- My On-line Rep

<https://www.esafety.gov.au/young-people/your-digital-reputation>

https://www.youtube.com/watch?v=Y4x5DoqsJFo&list=PL7WBCSm8kOzRONjUaD_NU3pXaVUA-_Z8h&index=6

College Captains

The process is now complete for the election of our College Captains and the successfully elected candidates will be notified and announced at the beginning of Term 4. The process of appointing the other Student Leadership positions and Captains for St. Paul's Campus, will begin after the announcement of the College Captains. Thank-you to all involved in this process, especially all the nominees and Mrs Stewart-North for her leadership of this process.

Champagnat Medal Winners:

Again, as with the election of the College Captains, the process of election for the student and staff Champagnat Medal winners, is now complete. Announcements and presentation of awards will take place on the return to On-Site Learning. Successful parents/guardians will be sent a link to the virtual presentation that will take place during the school day.

Survey

Thank-you very much to all the students and parents that responded to the recent survey I sent. Your responses were predominately very affirmative to the work and support of the College for our students. We will also address any suggestions of improvement that were made. In general, it was made clear that as a College we listened to the concerns of workload from RL1.0. It is also evident that as a community the communication was appreciated by the majority of parents/guardians and students.

These responses are currently being analysed by members of the Leadership Team to assist with the preparation for the return of the students back to on-site learning.

I am sure it is said by everyone in this newsletter, but we are excited for the return of our students to on-site learning. I would like to take this opportunity to congratulate all the students who engaged to the best of their ability and all the staff for their endless support and hard work. Finally, thank-you to all the parents/guardians, especially those who have sent positive affirmations to our staff; you have been magnificent in the support of the College and your children.

Stay safe and God Bless
Doug Doherty

A person with a backpack is walking on a rocky path that leads over a misty mountain landscape. The person is wearing a dark jacket and a hat. The background shows a range of mountains under a clear sky with some clouds. The overall scene is one of adventure and exploration.

**"IF YOU THINK ADVENTURES ARE DANGEROUS,
TRY ROUTINE: IT'S LETHAL."**

- PAUL COELHO

CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission

Creation and Peace

The month of September has been declared the “Season of Creation” by Pope Francis, so we have used opportunities over the past few weeks, on the student bulletin, through the Student Leaders broadcasts and through Staff meetings, to focus on creation and our relationship to it.

In our modern world, with a greater understanding of the interconnectedness of life, we are called to regard the natural world and our earth, created by God, as worthy of our respect and our care.

Pope Francis’ 2015 Encyclical ‘Laudato Si’ contains some wonderful thoughts on our relationship with creation and our call to be carers of the planet.

“...the natural environment has been gravely damaged by our irresponsible behaviour. ... The misuse of creation begins when we no longer recognize any higher instance than ourselves”.

Pope Francis Laudato Si’ #6

“If a mistaken understanding of our own principles has at times led us to justify mistreating nature... , we believers should acknowledge that by so doing we were not faithful to the treasures of wisdom”.

Pope Francis Laudato Si’ #200

On Monday the UN celebrates the International Day of Peace, and this morning our college commemorated this via a video liturgy. We have been made increasingly aware this year that the interconnectedness of life means we are connected with our fellow citizens across the globe and have been reminded that our common enemy can be something as small as a virus that threatens our health and way of life. Our student leaders prayed for the lives of all people around the world who live in fear, or with violence and who are searching for lives of peace.

Pope Francis reminds us that part of our task is to see the natural world, and the human world, as inextricably connected.

“A sense of deep communion with the rest of nature cannot be real if our hearts lack tenderness, compassion and concern for our fellow human beings”.

Pope Francis Laudato Si’ #91

“...the deterioration of the environment and of society affects the most vulnerable people on the planet”.

Pope Francis Laudato Si’ #48

Finally, we also prayed this morning in gratitude for all the ‘good things’ in our lives. It has been a challenging term and it is important to recognise not just the struggles, but the many gifts we have been given. Wishing your family a restful break away from the routines of school life and hopefully some opportunity to get outside and experience the beauty of creation.

SCHOOL CALENDAR

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

FAITH FORMATION



CHRIS ROGA
Faith Formator



1 Jesus Raises Lazarus (12-13th Cent: Athens)

Spring is in the air. And as we head into the Third Term break, Regional Victoria is coming out of lockdown, emerging into the light of freedom and the joy of fresh life.

So, for the last time this term, I invite you into this story told by Anthony De Mello.

Led to the Land of Laughter

The Master was in an expansive mood, so his disciples sought to learn from him the stages he had passed through in his quest for the divine.

“God first led me by the hand,” he said, “into the Land of Action, and there I dwelt for several years.” Then God returned and led me to the Land of Sorrows; there I lived until my heart was purged of every inordinate attachment. That is when I found myself in the Land of Love, whose burning flames consumed whatever was left in me of self. This brought me to the Land of Silence, where the mysteries of life and death were bared before my wondering eyes.

“Was that the final stage of your quest?” they asked.

“No,” the Master said. “One day God said, ‘Today I shall take you to the innermost sanctuary of the Temple, to the very heart of God.’ And I was led to the Land of Laughter.”

Consider This....

One day God said, *“Today I shall take you to the innermost sanctuary of the temple, to the heart of God himself,”* and I was led to the Land of Laughter.

Meister Eckhart (13th century theologian and mystic)

God laughed and begat the Son. Together they laughed and begat the Holy Spirit. And from the laughter of the Three, the universe was born.”

Source: Anthony de Mello, Taking Flight
(Image Books, 1990) page 126

May we too be led into the Land of Laughter.

“TRAVELLING” ACROSS ITALY



RAFFAELLA CATALDO
Language Leader/Coach

As we cannot travel at the moment, the Year 10 and 11 Italian students have been participating in a virtual tour of Italy this week. They have been “visiting” Rome, Florence and Venice.

They have also learnt about Italian food traditions and participated in the Aperitivo Challenge where they had to prepare an “aperitivo” for the members of their household to enjoy. The winners of the Challenge are Grace Buhagiar, Joseph Buhagiar, Annalise Gafa and Claudia Lear. Bravissimi!

The Challenge for the weekend is to prepare a full Italian restaurant meal to enjoy with their families. You will feel like you were in Italy! Buon appetito!





Breaking the Cycle

For parents and carers whose adolescent is abusive or violent at home

- Do you feel threatened, frightened or even controlled by your son or daughter?
- Are family members and younger siblings feeling scared?
- Feeling anxious, isolated, ashamed, resentful?

YES? Then join the 'Breaking the Cycle' group. It gives you an opportunity to discuss all issues and learn new skills to better manage challenging situations.

Come along to these 8 sessions to learn strategies, share stories and take sometime out for you!

WHEN: Thursdays 15th October to 3rd December

TIME: 10:30am - 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

PARENTZONE



Homework Club

For parents and carers of school aged children

ParentZone Gippsland invites you to come along to our Homework Club.

The Homework Club can provide you with support to assist your children with their homework as well as having some fun reading and playing board games together.

DATES: Tuesdays throughout the school term

TIME: 3:30pm to 5:00pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

PARENTZONE



Parenting Anxious Kids

A Parents Building Solutions single session

- Help your child deal with anxious feelings?
- Help your child build resilience?
- Do you want to improve your child's confidence and self esteem?

DATES: Monday 7th December 2020

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

Come along to this session to learn strategies, share stories and take some time out for you!

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au



Parenting Preschoolers

A Parents Building Solutions single session

- Do you have preschool aged children?
- Do you want to understand what is normal children's behaviour?
- Communicate better with your child?
- Stay connected to your child?

Come along to this session to learn strategies, share stories and take some time out for you!

DATES: Monday 30th November 2020

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

PARENTZONE



Dads Matter

Parents Building Solutions for Dads

Come along to these 5 sessions and join other Dads to share experiences, learn new strategies and solutions on:

- Increasing your confidence as a Dad.
- Improving communication and closeness with your kids.
- Creating a healthy environment for your children.
- Learning how to cope with stress, emotions and anger.

DATES: Fridays 20th November to 18th December 2020

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

PARENTZONE



Let's Talk About Parenting

Parents Building Solutions

- Do you want to know how to talk so children will listen?
- Understand what is normal children's behaviour?
- Communicate better with your child?
- Stay connected to your child?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

DATES: Wednesdays 11th November to 9th December 2020

TIME: 5:30pm to 7:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

PARENTZONE



Let's Talk About Parenting

Parents Building Solutions

- Do you want to know how to talk so children will listen?
- Understand what is normal children's behaviour?
- Communicate better with your child?
- Stay connected to your child?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

DATES: Fridays 16th October to 13th November 2020

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

PARENTZONE



Let's Talk About Parenting Teens

Parents Building Solutions

- Do you want to know how to talk so your teen will listen?
- Understand what is normal teenager behaviour?
- Communicate better with your teen?
- Stay connected to your teen?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

DATES: Wednesdays 28th October to 2nd December 2020 (no session on 4th November)

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

PARENTZONE



Risky Business

Tough Conversations with Teens

Do you want to:

- Communicate better with your teen?
- Develop strategies to listen without judgment?
- Help your teen problem solve and make safe choices?
- Stay connected?

Come along to this session to learn strategies, share stories and take some time out for you!

DATES: Wednesday 21st October 2020

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

PARENTZONE



Self-care for Parents

A Parents Building Solutions single session

- Do you want to feel less overwhelmed and deal with anxious feelings?
- Want to improve your confidence and self esteem?
- Build resilience for yourself and your family?
- Take time out for yourself?

Come along to this session to learn strategies, share stories and take some time out for you!

DATES: Monday 14th December 2020

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

PARENTZONE



Storytime: Online Supported Playgroup By ParentZone Gippsland for Latrobe families

Storytime will provide you and your child with the opportunity to:

- Connect through songs and stories.
- Try new and fun ways to learn.
- Get ideas and be encouraged
- Connect with other parents and children

The Supported Playgroup session will include strategies from the smalltalk program which helps promote children's development and learning.

WHEN: Throughout the school term:

- Tuesdays
10:30am - 11:30am
- Wednesdays
12:30pm - 1:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

PARENTZONE



Understanding Your Child's Behaviour

A Parents Building Solutions single session

- Do you want to understand what is normal children's behaviour?
- Learn strategies to deal with behaviour?
- Communicate better with your child?
- Stay connected to your child?

Come along to this session to learn strategies, share stories and take some time out for you!

DATES: Wednesday 14th October 2020

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
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PARENTZONE

INSIGHTS

Wellbeing strategies for parents



The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It's common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that our lives will be different for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

Daily wellbeing treats

Self-care is a proven remedy to most wellbeing ailments, but it's ironic that for many of us our self-care activities have been restricted by the coronavirus. Coffee with friends, a massage or a visit to the gym and other such activities are out for many people. However, this doesn't mean that we should neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote mood-enhancing endorphins and spending time each day in calm-inducing green space.

Resilience bank account

During my conversations one person described living in this era as “always feeling a little off balance, like standing in a dinghy in a rough sea and not knowing when the storm will pass.”

Our mental reserves are constantly being called upon, so it's necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it's never too late to start. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.



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.

2 DAYS ONLY - 8TH & 9TH OCTOBER



ZERO & REWARDS CARD HOLDERS

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OFF
SCHOOLWEAR
& EVERYTHING ELSE!**



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On the day of the event, Lowes will have measures in place to restrict customer numbers and movement throughout the store. Thank you for your support. Lowes will be enforcing social distancing, Marshalls wearing hi-vis vests will be on site. We ask for your support in limiting the number of people you take with you into the store. If our Melbourne Stores are still closed during this sale period please continue to purchase online

DON'T HAVE A CARD? APPLY IN-STORE OR ONLINE & START ENJOYING THE BENEFITS.

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