



From the Principal

John M Freeman

Welcome Back

Welcome back to Term 4 and we are now in face-to-face teaching mode and it is great to see everyone.

Assembly

To mark our return to the campuses we held a virtual assembly, where we acknowledged and congratulated our Year 12 College Captains for 2021 and the 2020 Champagnat Medal recipients.

Year 12 College Captains for 2021

I am happy to announce that our Senior College Captains for 2021 are:



JAMES DAY



NICOLE FORMARAN



DARION DUNCAN



ANNALISE GAFA

Congratulations to these fine young women and men.

After an extensive application, interview and discernment process eight students were put forward to their peers and teachers to be considered for selection. They all would have been worthy of the role and I am sure they will make considerable contributions in one of a number of important leadership roles also available to students. I look forward to seeing all of you- Harrison Barnes, Amelia Cassar, Micah Harris and Hayley Tharle,- being part of our senior leadership team next year.

Thank you to Megan Stewart-North who managed this process. In addition, I extend my appreciation to Doug Doherty, Robyn Rebbechi, Pierina Fenech, Meaghan Ambrose, Vashon Weaver, Alex Rathbone and the 2020 College Captains- Jaida Delicato, Nathanael Duffy, Andrew Drava and Natasha Richards for their work as well.

Champagnat Medal

The Champagnat Medal recipients are usually presented in early June at the Champagnat Mass. Unfortunately, due to COVID-19 we could not celebrate this day. However, Karina Taylor and the Junior and Senior College Captains have been able to develop a process that has allowed us to determine worthy nominees and final recommendations. Accordingly, I am pleased to advise that this year's Champagnat Medal recipients are:

Year 7



Isaac Friend



Isabel Ford

Year 8



Sally Lloyd-Webb



Paul Antonopoulos

Year 9



Georgia Said



Liam Farley

Year 10



Thomas Said



Lani Zimora

Year 11



Darion Duncan



Annalise Gafa

Year 12



Alana Walker



Nathanael Duffy

Staff



Ms Katie Lee



Ms Jasmine Santamaria

Congratulations to all these members of our community.



Parent Teacher Interviews

Next Thursday we will hold Parent Teacher Interviews.

Due to the ongoing COVID-19 restrictions, PSTI's will be held remotely using the Teams video-conferencing application.

Attached to this newsletter is detailed information on how to set up for the interviews ranging from booking the interview through to accessing the virtual Teams meeting on the night.

Bookings will open on Friday 16th October at 12.00 pm. Should you require any assistance, please email pamhelp@lavalla.vic.edu.au.

Public Holiday

23 October is the Friday before the Grand Final and is a Public Holiday for Victorians.

GAT

Last Wednesday, 7 October we conducted the GAT for all students undertaking Unit 3 & 4 VCE subjects. Thank you to all the staff who worked hard to ensure the success of the day and in particular Jeananne Brown for her organisation and leadership.

Also thank you to all students involved in the cooperative and supportive manner throughout the day.

Year 7 2021

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

Student News

Please keep in your thoughts and prayers our VCE Unit 3 & 4 students who commence their trial exams today.

We are doing these differently by using more rooms to ensure everyone is appropriately distanced. Thank you to Jeananne Brown, Jenny Sutton and Brett Van Berkel for their leadership and organisation.

Marist House

Attached to this Newsletter is a brochure for Marist House a residential program for university students located in Fitzroy, which provides good and reasonably priced accommodation within a very Catholic context.

Lavalla Parents and Friends Debutante Ball Committee

Attached to this Newsletter is an invitation to parents to consider joining the Lavalla Parents and Friends Debutante Ball Committee.

Staff News

Welcome back to the following staff returning from various Leave

- Pam Goodall
- Dominic De Van der Schueren
- Karen Lay

Welcome to

- Jules De Cinque
- Tegan Svetina

Both Jules and Tegan have been working with us this year, but are taking on new teaching allocations this term.

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:

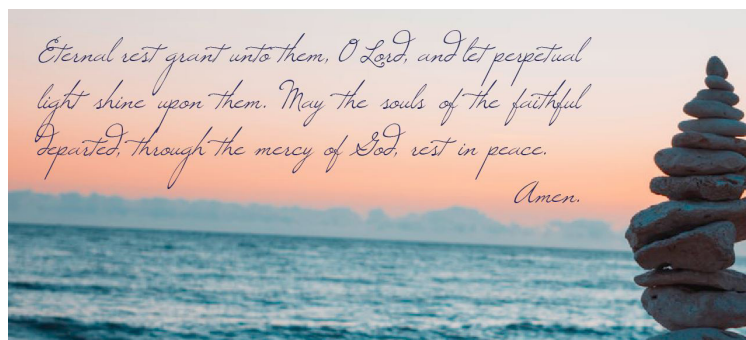
Ivy Alice Archipow, mother of Michael and mother-in-law to Terri.

Jim Reid (Old Collegian), father of Shane.

Elizabeth Anne Pepper, mother of Ronald Edwards Pepper, local Gunai Artist, who has worked with the college for a number of years, bringing art and culture to our school community.

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.



REMOTE LEARNING



BRETT VAN BERKEL
Deputy Principal
Learning & Teaching

Welcome Back!

There is a buzz in the yard as we welcome our student community back onto campus!

During the Remote Learning Program, I spent time between working at the College and working from home. When at the College I found this a surreal experience. The yard in total silence. I found our College to be a soulless place without staff or students.

Monday morning was spent welcoming students back to face to face learning. There was an air of excitement, mixed with some trepidation as to what the day would hold. Mostly, I felt the students were glad to have some normality back in their lives.

During the day I spoke with several senior students and asked them about their experiences of the Remote Learning program. Please find below a few of the common responses.

I asked what some of the challenges were.

- “I missed my friends and just hanging out and talking”
- “Trying to stay motivated, especially when I was home on my own”
- “Doing my work and understanding Maths”
- “Computer games!”

Nearly every student that I spoke with mentioned that they had missed school and it was great to be back. They all valued their teachers and the way they supported them during Remote Learning. There was a real sense of appreciation.

I believe being on campus has given a renewed sense of purpose to our students and I can only hope that in a week, a month, a year, they look back on this time and are grateful for the opportunities and what we have been blessed with.

Parent-Teacher-Student interviews

Next Thursday, 22 October from 4 pm to 8 pm we will be offering the Virtual Parent, Teacher, Student (PTSI's) evening. This is an opportunity to discuss with your child's teachers how they have progressed during RL 2.0 and also how they have settled back into school. All information on how to book and access the PTSI's have been sent out via Email and booking are made via your PAM account.

Unit 3 & 4 Trial Exams

The Unit 3 & 4 trial exams start this week with English on Friday. These will run through until Thursday 22 October. Unit 3 & 4 classes will be running throughout this time to allow students to access teachers for support and revision. We encourage all students to make the most of these opportunities prior to the VCAA exams starting on Tuesday 10 November.

*one wild and
precious life*

WELCOME BACK!



MILES VERSCHUUR
Junior Campus Captain

Welcome to Term 4 Speech

Good morning fellow Year 9s and staff of Lavalla Catholic College,

2020 continues to be unpredictable, but we have been granted some certainty in being able to return to school next week. It is everybody's hard work which has brought us to the start of term four, so welcome!

Year 9 is an important year, and this term will be filled with excitement along with some aspects of normality. I would like to thank the teachers for their hours upon hours of dedication and hard work put into helping us through such a year. I would like to congratulate each and every one of you on making it through remote learning. The leadership team understands the struggles and sacrifices made in this uncertainty.

Throughout the year, we have been peppered with the saying 'we are all in this together.' For some, this may not have been the case. Nevertheless, we must unite as a cohort, a Year 9 family and support each other through what is shaping up to be a pivotal term.

Please remember to reach for support if needed and reach out to those in need. Look after each other. We, your student leaders want to continue to represent you in every way possible. In talking about student leadership, thank you to all the students and staff for voting in the 2021 College Captains election. Your contribution to democracy is much appreciated. The results will be called at an assembly on Monday.

Overall, well done on your hard work during remote learning and it is great to be back, welcoming you to what should be a productive term. Remember to unite in 'strong minds and compassionate hearts', work hard and be the awesome students you are. And wear a mask.

Thank You.



CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission

Earlier this week we held a special assembly to present the Champagnat Awards to student and staff recipients. As part of this assembly I presented a reflection entitled 'Called to become' by Edwina Gately, and I include it for your reference.

Beginning the final term in this 'covid year', as spring blossoms all around us, is a reminder of our continual growth through life. We thrive on change, on possibilities for growth, on newness and challenge. Although the world around us is full of difficulties, it is also full of beauty and growth. As our Year 12s prepare for their final weeks of secondary school, and for the wonderful future which awaits them, we do well to remind ourselves that we are all 'Called to become a perfect creation'.

This day, this life, however frustrating or worrying it can be, is the only one we have. We need to take each day as it comes, and make the most of the life we have been given.

The words of Mary Oliver, the poet who is responsible for the phrase:

'What shall you do with your one wild and precious life' which is the Marist Schools theme for this year, came to me in the past couple of days as I listened to an interview with her on a podcast. These lines from her work 'Long Life' rang true for me so I will share them with you.

"All through our gliding journey, on this day as on so many others, a little song runs through my mind. I say song because it passes musically, but it is really just words, a thought that is neither strange nor complex. In fact, how strange it would be not to think it -- not to have such music inside one's head and body, on such an afternoon. What does it mean, say the words, that the earth is so beautiful? And what shall I do about it? What is the gift I should bring to the world? What is the life I should live?"

"That's the big question, the one the world throws at you every morning. "Here you are, alive. Would you like to make a comment?"

Mary Oliver, Long Life: Essays and Other Writings

Called to Become

Edwina Gately

You are called to become a perfect creation
No one else is called to become who you are
called to be.

It does not matter how short or tall you may be.

It doesn't matter whether you sparkle with life

Or are as quiet as a still pool,

Whether you sing your song aloud

Or hum in the darkness.

It does not matter

Whether you feel strong and courageous or
uncertain and full of doubt... you are called to
become a perfect creation.

No one's shadow should cloud your becoming.

No one's light should dispel your spark

For the Lord delights in you, looks upon you

And encourages with gentle joy

Every movement of the Spirit within you.

Unique and loved you stand, never without
hope and life.

For you are called to become a perfect creation.

God of many names,

we pray in gratitude for all that we have
achieved and all that we are yet to become.

Give us patience with ourselves and with each
other, as we continue to become the people we
are meant to be.

Amen.

Parish online liturgies: An Invitation:

The Parish of St Michael's Traralgon is hosting online liturgies each second Wednesday to which all are welcome. Please contact the Parish Office (Ph:5174 2060) for more details and to access a link to the liturgy.

FAITH FORMATION



CHRIS ROGA
Faith Formator

Some Reflection on St Teresa of Avila

On October 15 we celebrate the Feast of St Teresa of Avila, the Great St Teresa. Today, more than ever before, we need the spirit of Teresa of Avila.

Teresa lived in the Golden Age of the Spanish Empire. Spain had discovered the New World. It became the superpower of its time; immensely wealthy, politically, economically and socially powerful.

In an age when women were meant to be decorative and domestic- daughters, wives and mothers- Teresa broke the mould. This is Teresa's enduring gift; she was a woman; she was contemplative; she was an active reformer. We need the spirit of Teresa today.

Teresa Sanchez Cepeda Davila y Ahumada was born on 28 March, 1515 in Avila, Spain. Her grandparents had converted from Judaism to Christianity, and her parents were ardent Catholics. Teresa was captivated by God from early childhood and there are exciting stories about her. At fourteen her mother died and she fell into what we would today call a state of 'anxiety'; she turned to Mary as her mother. However, she also developed an immoderate taste for popular fiction and romance. She loved dressing up, looking good and socialising, for she was very beautiful and sociable.

She was her own woman. Against her father's wishes, she entered the Carmelite monastery at 20, forsaking marriage, property and worldly pleasures. She overcame severe illness and paralysis, went into a coma for four days, and was expected to die, but recovered.

Teresa became a woman 'for' God. She experienced a revolution in her spiritual life when she was nearly forty; she felt God with her, and experienced profoundly that God was always with her. Her task was simply to live in that presence. The rest of her life was committed to the ongoing conversion to that truth. She was misjudged, misunderstood, opposed, even by the church and her own nuns. Yet she struggle on, combating ill health, her own mediocrity. Her rock was the God she clung to in prayer. Her experiences in Prayer and her writings are a powerful testament to God's grace in her. Bernini's 'The Ecstasy of St Teresa' in Rome tries to capture one experience.

She was a woman for others. Though a contemplative, she spent the last seventeen years of her life travelling to found 30 convents, reforming the Carmelite order, confronting the Inquisition, Kings and Queens, for God. She wrote profusely. 'The Way of Perfection' and the 'Interior Castle' are classics.

Her health failed her in 1582. She was canonized in 1622, with Ignatius of Loyola, Francis Xavier, and Philip Neri. She was proclaimed a Doctor of the Church in 1970.





KIM WIDRICH
Humanities & Literacy Leader/Coach

OCTOBER IS HISTORY MONTH!

Check out this site for events to help celebrate History: [HISTORY MONTH WEBSITE](http://historymonth.org.au)

Students of History at the College have been doing great things.

Student experiences in the 2020 History Enrichment Program

Miles Verschuur and Isabelle Ambrose participated in the History Enhancement Program run by the History Teacher's Association of Victoria.

'During the Term 3 School Holidays, the History Teacher's Association of Victoria gave 40 students from regional and rural Victoria the opportunity to participate in a two-day history enrichment program, learning a vast range of historical thinking and research skills. This year, however, the program was presented over Zoom, with university professors and historians giving us the skills necessary to succeed in the subject. We learnt about different historical medicines or 'quack medicines', mud larking the River Thames in London and unique ghost stories.

The presenters challenged us to complete a passion project on any aspect of history and to create a key inquiry question for the project. These can be on events or people and will be displayed in a virtual museum exhibition in late October.

It was a great opportunity to meet other like-minded students and understand the different passions for many aspects of history. It taught many key thinking, researching and resourceful skills and fired a passion for history and investigating the past.

Thank you to our teachers for supporting the students in their applications.'



Miles Verschuur Year 9

'This program taught participants about various historic things like Quack Medicine and a brief history of London. The program involved students across the Gippsland region with quick thinking minds and a passion for history.

It was an awesome experience as we got to learn about new researching methods and some historical events or timelines as well. To complete the programs experience we have to do a project on a Historical event or timeline that will then be presented in a virtual museum.

It was great to meet people of like minds and hear what parts of history they were passionate about- Ancient Egypt, WWII, and many others.

It was definitely an experience that I will refer back to for useful resources.'



Isabelle Ambrose Year 7

HISTORY MONTH

Year 10 Students listen to Virtual Holocaust Survivor Testimonies

As part of the Year 10 World War II History subject, Mrs Meaghan Ambrose has organised for students to hear first-hand accounts of the experiences of Holocaust survivors. This has been facilitated by the Jewish Holocaust Centre.

World War I Inquiries

Year 9 students are presently engaged in planning their major inquiries into World War I. Topics include the impact of this conflict on society in Australia, Soldier Settlement programs and the physical and psychological effects of war on various groups.

See if you can find a relative who fought in World War I using this link [HERE](#).

Year 7 History Projects – the Ancient World

While learning from home Year 7 students were able to construct their own creative visualisations of elements of the Ancient World by making dioramas relating to Ancient China. The work of Steve Shaiju (7.4) 'The Grand Canal' and Niah Gils (7.4) 'The Great Wall' from Ms Valentine's Humanities class can be seen here.



National History Challenge 2020

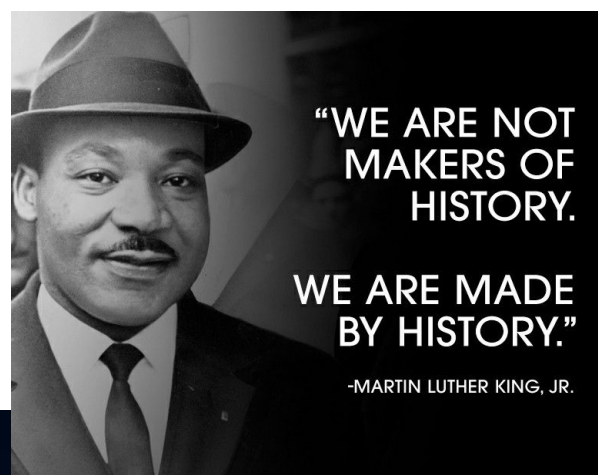
Miles Verschuur's entry for the National History Challenge has been selected to proceed to State Judging of submissions. He has received the Young Historian Bronze award so far.

Well done Miles.

Good Luck Year 12 History Students!

Mr Eagle and our Year 12 History students are busily preparing for the final Exam which is on Remembrance Day November 11th.

We all wish you the very best for the rest of your year.



INFORMATION / CALENDAR

School Photos

We are pleased to confirm School Photos 2020 will proceed on the following dates.

St Paul's Campus	Tuesday 20th October 2020
Kildare Campus	Thursday 22nd October 2020

- In line with our COVID safe policies, Students will only have head shots.
- Students will be provided with an envelope in Homeroom (St Paul's) and Learner Adviser (Kildare) tomorrow morning.
- Students will be required to return the envelopes with payment to John Ansell on the day of photos.
- Envelopes not handed in on the above dates will be required by Friday 23rd October and should be handed in at Student Services on the relevant Campus.
- Students will be required to wear Full Summer Uniform including Blazer.

Year 7 Immunisation

The Council have now confirmed a change in the date for Year 7 Immunisations. They will now be taking place on Tuesday 27th October.

Camps, Sports & Excursion Fund (CSEF)

Changes for 2020

A number of new and previously announced changes have been approved to the operation of CSEF for 2020 only.

Eligibility

The final eligibility date for CSEF in 2020 has been extended from 14 April until 5 October 2020 with the application deadline extended to 27 November 2020.

Families holding a valid means-tested concession card or temporary foster parents are eligible to apply. The normal special consideration arrangements continue in addition.

Payments will be made at 50 per cent of the standard per student rates for families eligible between 15 April and 5 October 2020.

If you have a current Health Care/Pension card, you may be eligible to apply according to the issue date, please see link/attachment.

SCHOOL CALENDAR

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

EXAM STUDY HELP



TSSM will be offering 3.5 hour sessions “Live and Online” on Saturday October 31, Sunday November 1 & Saturday November 7.*

*Please note that unlike previous years, due to the current circumstances, our Gippsland program will be held “Live and Online” only. Students who select to attend “In-person” will automatically be changed to “Live and Online”.

Benefits Include:

- Detailed content reviews
- Effective problem-solving strategies
- How to maximise study scores
- Powerful study habits
- Time management skills
- A set of comprehensive revision notes, written to an A+ level
- Trial Exam Papers with full solutions
- TSSM’s ‘50 question quiz’ which helps to identify, isolate and improve existing subject weaknesses.
- Access to TSSM’s Subject Specific Exam Tips and Strategies document

Dates and Times - Please click the link below:

[End-of-Year Revision Program for Lavalla Catholic College Student Enrolments](#)

Investment?

Lavalla Catholic College and TSSM have formed a partnership to help our students access TSSM Revision Classes. For this reason these classes are heavily reduced for Lavalla Catholic College students only, here are the investment amounts:

- Only \$44 (Inc. GST) for each Gippsland Regional (Held at Lavalla Catholic College) Subject- per subject per student. Normally valued at \$69 per subject per student.
- Unique to this year, because our Melbourne programs are also offered “Live and Online” and they are longer and more extended programs, our students may choose to attend the Melbourne programs instead. For this reason, TSSM have extended the offer to our students who choose to attend our Melbourne programs “Live and Online”:
- Only \$93.50 (Inc. GST) for each Melbourne Biology, Chemistry, English, Further Maths, Maths Methods, Physics, Psychology or Specialist Maths Subject- per subject per student. Normally valued at \$129 per subject per student.
- Only \$66 (Inc. GST) for All Other Melbourne Subjects - per subject per student. Normally valued at \$91 per subject per student.

How do I Enrol?

To enrol, each student must complete and submit an enrolment form to TSSM (photocopying this form is permitted - [course brochure](#)) or you may also enrol online on our special page for Lavalla Catholic College students only: [End-of-Year Revision Program for Lavalla Catholic College Student Enrolments](#).

Complimentary Lecture:

FREE 2hour ‘Conquer the Exams’ lecture in Melbourne or “Live and Online” with every Enrolment:

When you enrol in a TSSM subject lecture, you also are able to attend a 2 hour ‘Conquer the Exams’ - Strategies for success seminar FREE. The “Conquer the Exams” seminar will be held on either October 31, 4:30pm to 6:30pm or November 5, 10am to 12pm. In this 2 hour session you will learn the essential techniques and strategies used by high performing students to achieve elite results in the exams. From high level exam skills and powerful study habits, to how to maximise your time before and during the exam, you too can conquer the exams!

CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM

School Name

School REF ID

Parent/legal guardian details

Surname _____

First name _____

Address _____

Town/suburb _____ State _____ Postcode _____

Contact number _____

Centrelink pensioner concession **OR** Health care card number (CRN)

- - - **OR**

☐ Foster parent* **OR** ☐ Veterans affairs pensioner

*Foster Parents must provide a copy of the temporary care order letter from the Department of Health and Human Services (DHHS).

Student details

Child's surname	Child's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level

I authorise the Department of Education and Training (DET) to use Centrelink Confirmation eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Human Services (DHS) to provide the results of that enquiry to DET.

I understand that:

- DHS will use information I have provided to DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DET personal information including my name, address, payment and concession card type and status.
- this consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
- I can obtain proof of my circumstances/details from DHS and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
- if I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.
- information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to the Victorian Department of Health and Human Services and/or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant _____

Date ____ / ____ / ____

CSEF ELIGIBILITY

Below is the criteria used to determine a student's eligibility for the Camps, Sports and Excursions Fund (CSEF).

Criteria 1 – Eligibility

To be eligible* for the fund, a parent or legal guardian of a student attending a registered Government or non-government Victorian primary or secondary school must:

- on the first day of Term one, or;
- on the first day of Term two;
 - a) Be an eligible beneficiary within the meaning of the *State Concessions Act 2004*, that is, be a holder of Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder, OR
 - b) Be a temporary foster parent, and;
 - c) Submit an application to the school by the due date.

* A special consideration eligibility category also exists. For more information, see: www.education.vic.gov.au/csef

Parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with one of (a) or (b) above.

Criteria 2 - Be of school age and attend school in Victoria

School is compulsory for all Victorian children aged between six and 17 years of age inclusive.

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. Typically, these students are aged between five and 18 years inclusive.

CSEF is not payable to students attending pre-school, kindergarten, home schooled, or TAFE.

Eligibility Date

For concession card holders CSEF eligibility will be subject to the parent/legal guardian's concession card being successfully validated with Centrelink on the first day of either term one (29 January 2019) or term two (23 April 2019).

PAYMENT AMOUNTS

CSEF payment amount

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

- Primary school student rate: \$125 per year.
- Secondary school student rate: \$225 per year.

The CSEF is paid directly to your child's school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

For ungraded students, the rate payable is determined by the student's date of birth. For more information, see: www.education.vic.gov.au/csef

Year 7 government school students who are CSEF recipients are also eligible for a uniform voucher. Secondary schools are required to make applications on behalf of parents so please register your interest at the school.

HOW TO COMPLETE THE APPLICATION FORM

NOTE: ALL SECTIONS MUST BE COMPLETED BY PARENT/LEGAL GUARDIAN

1. Complete the PARENT/LEGAL GUARDIAN DETAILS section.
Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your concession card. You will also need to provide your concession card to the school.
If you are claiming as a Foster Parent or a Veteran Affairs Pensioner, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veterans Affairs Pensioner Gold card to the school.
2. Complete the STUDENT/S DETAILS section for students at this school.
3. Sign and date the form and return it to the school office as soon as possible. The CSEF program for 2019 closes on 28 June, 2019.

CSEF payments cannot be claimed retrospectively for prior years.

Queries relating to CSEF eligibility and payments should be directed to the school.

MARIST HOUSE Q&A's ...

How long can I commit to Marist House?

You commit to staying for one academic year by signing the residential agreement. A further year's extension may be offered by the Brothers.

What is the residential agreement?

Essentially it is your formal commitment to embrace the family spirit of a Marist home and the customs and house rules which support the values and purposes of the Marist House program.

What is the cost?

You are asked to contribute board of \$270 per week during your stay.

What will the contribution cover?

Your financial contribution includes board and lodging, including utilities, internet, meals, your bedroom and basic furnishings, use of laundry, and shared use of common areas.

Can I withdraw/conclude my commitment?

Withdrawal from Marist House may be negotiated with the Brothers.

What are the expectations on residents?

The expectation is that if you are at home on any evening during the week, dinner is taken together, and we share its preparation. Breakfast and lunch are anytime, as fits your weekly schedule.

Residents are expected to attend the Community night, usually on a Monday evening. This includes a meeting, a time of prayer and an evening meal.

You will need to commit to a regular weekly community service in the local area and to attend Sunday Eucharist if you are staying over the weekend.

It is hoped that you would also be involved in Marist Youth Ministry activities throughout the year. You are free to join the Brothers any morning and evening for their community prayer and Eucharist, as you wish.

Can I have a part-time job?

Yes. Keep in mind that you need to balance work hours with study and Marist House commitments.

What about relationships?

As Marists, our relationships are marked by authenticity and respect. As a way of showing this, in consideration for each other and in keeping with Catholic moral expectations, residents are not to engage in sexual relationships at Marist House.

Any Alcohol?

The consumption of alcohol is permitted in moderation for residents (18+) within defined times (e.g. evening meal) and spaces (dining/common room/back deck). It is not normally a practice during weeknights other than for special occasions (birthdays, celebrations).

How do I register my interest in joining Marist House?

The application process involves submitting the application form, a personal meeting, and, if you are invited to join, signing of the residency agreement.

Are there House responsibilities?

Everyone is responsible for cleaning and maintaining his/her room and personal space. A list of other community roles and responsibilities including cooking will be assigned so as to ensure the smooth running of Marist House.

Will the Brothers still have a community?

A community of Marist Brothers lives at Marist House. The Brothers participate fully in the life and activities of Marist House but also follow their own religious life, including daily community prayer, Eucharist and quiet time.

FOR FURTHER INFORMATION, CONTACT:

Br Michael Sexton fms

0413 479 243

michael.sexton@marists.org.au

www.maristyouthministry.com/marist-house-fitzroy

MARIST HOUSE

A RESIDENTIAL PROGRAM FOR
UNIVERSITY STUDENTS

FITZROY | MELBOURNE

What is Marist House?

Marist House is a residential program for young adults who are studying at one of the many universities in and around Melbourne. Whether from the city or the country, Marist House provides young people with a safe, stable and supportive environment in which to engage with their tertiary studies.

Situated in three terraced houses in Fitzroy, Marist House is ideally located for those studying at Australian Catholic University, Melbourne University, RMIT and Monash's Parkville campus. It is within walking distance of the CBD, and provides easy access to public transport.

Hosted by a resident community of Brothers, Marist House offers a communal setting for young people desiring to live together, open to exploring their faith and engaging in service to the wider community. It also serves as a hub for Young Marists in Melbourne.

A Unique Opportunity

Marists have had a long tradition in building community around young people to promote their education and full human growth. Within this tradition, Marist House offers several special features:

- an environment specially designed to support full-time tertiary studies;
- a stable communal setting for developing positive relationships with like-minded people;
- academic, personal and spiritual guidance from the Brothers' community;
- an opportunity to make a difference in the lives of others through service and outreach;



Who is Marist House for?

We are looking for young adults who:

- want to do the best they can in their studies;
- are interested in living intentionally with others for a year while they are at university;
- are warm-hearted, responsible and hospitable;
- value respect, presence, hospitality and service
- have a capacity to reflect on matters of life, faith and justice.



Key elements to living in Marist House

For each resident, living in Marist House offers them a holistic and formative experience in each the following;

Community - welcoming each other as members of a Marist family and developing a shared responsibility for the life of our home;

Christian values - the practice of respect, tolerance, personal responsibility, care for each other and our environment;

Culture of Study - a regular rhythm of study, ensuring an environment conducive to learning;

Prayer - nurturing our spiritual and faith lives together;

Hospitality - creating spaces to welcome and invite others to experience our community;

Ministry - a commitment to serving 3-4 hours per week in Marist or local Church-sponsored projects with people in need.



Facilities

Marist House is committed to providing a safe, comfortable and friendly environment, supportive of the study needs of each resident. To enable this, the following facilities are included:

- individual bedroom with heating
- bedroom furnishings
- shared bathroom between two residents
- wireless internet
- all meals (cooking roster)
- breakfast and lunch supplies
- common room with entertainment system
- study room
- laundry and ironing facilities



Upcoming Webinar for Parents

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend some fantastic webinars in 2020 at no cost. We're pleased to let you know about an upcoming webinar.

Parenting like a cat and dog: 11 November 8–9pm AEDT



Watch from any device, any location



See the expert as they speak



Catch up recording available

**Valued at
\$37 per person**

Webinar Overview

Effective parents use more than one style when communicating with their families. They know how to alter their style to suit the situation. In this webinar, Michael Grose uses cat and dog metaphors to introduce parents to two diverse styles of parenting. This will increase their ability and confidence to manage, nurture and build relationships with their children. The cat-dog approach to parenting is fun, easy to use, respectful and maximises parent effectiveness in challenging situations.

Key learning and discussion points include:

- How parents can identify their natural style and work harmoniously with their partner and/or support networks
- Building confidence to manage children who relish getting their own way
- Constructive ways to adjust communication so that it meets the individual needs of children
- Effective methods to communicate with anxious children so they feel supported, safe and listened to
- Techniques to adapt parenting styles as children move into adolescence



[View video overview](#)

parenting*ideas

Presenter Overview

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators and an award-winning speaker who has been informing and inspiring audiences around Australia, and internationally for more than 20 years. He holds a Master of Educational Studies.

Michael is a bestselling author of 12 books for parents and has had parenting segments on The Project, The Today Show, Weekend Sunrise, 3AW, ABC radio and more. He has contributed to Huff Post, Kidspot and MamaMia, and is a former columnist with News Ltd and Fairfax newspapers.

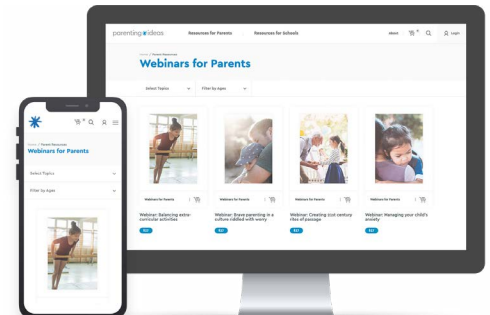


Redeem your webinar – it's easy!

To redeem your webinar click this link:

www.parentingideas.com.au/parent-resources/parent-webinars/parenting-like-a-cat-and-dog

- Click 'Add to cart'
- Click 'View cart'
- Enter the voucher code METAPHOR and click 'Apply'
- Enter your school's name to verify your eligibility. The \$37 discount will then be applied.
- Click 'Proceed to checkout'
- Fill in your account details. These are the details you will use to login to your account and access your webinar and resources
- Click 'Place Order'



This offer is valid until 31 December 2020. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Articles for Parents

On the Parenting Ideas website you can also view and receive helpful articles to support your parenting journey.

Read up on topics such as:

- Resilience
- Siblings
- Bullying
- Positive Parenting
- Digital and Social Media
- Behaviour
- Confidence
- Friendships
- Anxiety
- Girls
- Boys
- Learning and Education



Visit www.parentingideas.com.au/blog to access today.

UNDERSTANDING SELF-HARM AND NON-SUICIDE SELF-INJURY

Interactive, Online Workshop
for Parents & Carers of Youth

Learning content

Delivery by **Trish Thomas**- BPsychSc(Hons) MASRC

An introduction to non-suicide self-injury
Why people engage in self-injuring behaviours
Methods of self-injury
Identifying signs and symptoms
How to have a conversation
Case Studies
Take home strategies and resources

sessions

19TH OCTOBER

4PM - 5.30PM

22ND OCTOBER

4PM - 5.30PM

28TH OCTOBER

4PM - 5.30PM

30TH OCTOBER

10AM - 11.30AM

Cost: \$45p.p

Trish has experience working with young people in the field of mental health and encountering the issues of self-harm and suicidal behaviour.

Trish is an accredited instructor of Mental Health First Aid which is complimented by degrees in Psychology and a Masters degree in rehabilitation counselling

PsychAssist 
Making A Difference Together

LIMITED NUMBERS | BOOKINGS ESSENTIAL

trybooking: <https://www.trybooking.com/BLXNO>

LAVALLA PARENTS & FRIENDS DEBUTANTE BALL COMMITTEE



email address: lavalladebball@gmail.com

ABN: 92929851133

Dear Lavalla community,

The Lavalla Parents and Friends Debutante Ball Committee will hold its

AGM Wednesday November 4th promptly starting at 7pm

This meeting will need to be held virtually via the zoom platform.

We would like to invite you to join the committee.

It is very important that you are aware that this is a proposed 2021 debutante ball season.

Please note that no dates have been set.

No bookings have been made to secure a venue, dance teacher, florist, photographer, ect.

We would like to see the opportunity to host these very memorable and exciting debutante balls next year and in the future.

Some of the current committee will be stepping down. We really need your support ! Please note all committee members and volunteers involved with the running of the debutante balls need to have a current WWCC

Please consider joining the committee, it does not matter what year level your child is in.

Given the current climate we do not know if a debutante ball season will be able to be hosted in 2021, but would like to have a committee ready and eager to go

We will be following government, the chief health officer and the catholic education office guidelines and regulations.

If you would like to join the committee please email
lavalladebball@gmail.com by 5pm October 31st

LATROBE VALLEY

'ALL-ABILITY' CRICKET, TERM 4, 2020

WE ARE BACK!

'All-ability' sports are about fun and participation for **EVERYONE!** The local All-ability groups are parent-run and driven, so cater directly to the needs of kids with additional needs in the local area. During the sessions a variety of games and activities are played to learn and develop new skills, activities are modified so that everyone can 'have a go!' Participants can also benefit socially by making new friends and feeling part of a team.

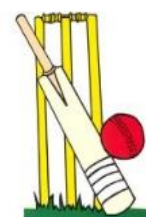
All school aged children with additional needs are invited to join us for 'ALL Ability' Cricket, the sessions will run weekly during Term 4, 2020.



Sessions will be held at

Traralgon West Cricket Club 'West-end' – Jack Canavan Oval, Douglas Parade, Traralgon on

TUESDAYS from 5pm – 5.45pm, starting October 13th, then every Tuesday till end of Term 4 (except Melbourne Cup Public holiday)



A parent/carer must attend and be willing to participate with the child.

Cost is \$20 for the Term – siblings welcome to join in too!

Registration needs to be completed on the first night with the \$20 payment please.

NEW COVID RULES: (Parents/Carers, please note!)

- Key principle for being Covid-safe is 'Get in, Play (have fun), Get out!'
- Participants to arrive no earlier than 5 minutes before start time (if you are earlier, please wait in your car until 4.55pm)
- Participants to hand sanitize on arrival and place named drink bottle (everyone must have their own water bottle) on the sign in table.
- ALL adults present are to sign in for every session
- 1.5m physical distancing to be adhered to at all times.
- If children have their own bats please bring along. All equipment used will be disinfected after each session.
- Session goes till 5.45pm, with time for admin/pack up, all out by 6pm

For more information or questions phone Sam (coach) 0414516295 or Louise Varsaci 0414540296 or find us on Facebook - All-ability Sports, Latrobe Valley