



From the Principal

John M Freeman

Farewell Class of 2020

Thirteen years of primary and secondary education concluded today, 30 October for our Year 12 students. To mark this completion we held a virtual whole College assembly on Thursday, 29 October and then this morning they took part in our traditional Celebration Day with appropriate alterations to ensure a COVID safe environment.

At the assembly we were presented with a gift by the Year 12s. The cross is from the Ltyentye Apurte Community in the Northern Territory. The artwork symbolises community, connection and resilience. A fitting representation of the young people who gifted this wonderful piece, adding to the thoughtful and considerate contributions in the past. Thank you to all involved in the creation of this beautiful gift.

I usually say a few words of thanks at these assemblies and below I share the hopes and desires I expressed on behalf our community that we have for the Class of 2020.

To the graduating class of 2020 I say on behalf of all of the Lavalla Catholic College community we are proud of you. We want you to know that you have done so well this year and in fact what you have achieved over the last 13 years of primary and secondary education.

You have faced great challenges, taken up opportunities, have been of great support to each other and are genuine role models with a strong sense of community

It may be trite to say this, because everyone does, but it remains true, you have left the College a better place for you having been here.

So here are two hopes we have for you.

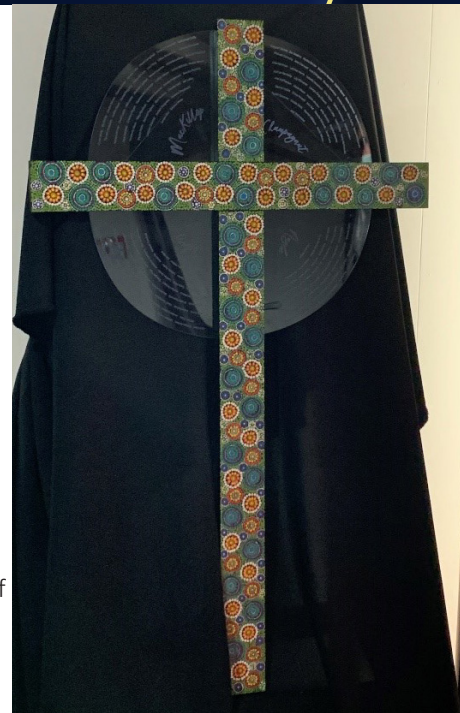
First, we hope that you continue in your life to be the epitome of the Graduation Goals we want you to achieve as you journey into the wider world; and these are:

Graduates of Lavalla Catholic College will strive to be:

- open to the journey of faith and to practise the Marist Characteristics;
- stewards of our people, place, time and traditions;
- adaptable, resilient, life-long learners;
- responsible citizens;
- respectful in building loving, inclusive relationships in the example of Jesus;
- people who will celebrate all that is good;
- people of compassion, integrity, dignity and hope.

In short, be people with Strong Minds and Compassionate Hearts.

Our second desire is that you heed the advice of Max Ehrmann as expressed in this piece of prose, written in 1927. It is entitled *Desiderata*, a Latin term that means 'things that are yearned for'.



Desiderata

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant, they too have their story. Avoid loud and aggressive persons, they are vexations to the spirit.

If you compare yourself with others, you may become vain or bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let not this blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore, be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams; it is still a beautiful world.

Be Cheerful. Strive to be Happy!

Finally, I again congratulate you our Graduants of 2020 and thank you most sincerely for your contribution to our school. All of us here wish you every blessing, the best of success and remember that you are welcome here and we will be delighted to hear how you are succeeding in your life.

G o well class of 2020.



Looking Ahead

The students are now in the final stages of preparation for their external written exams; other exams have already commenced. We wish these students well and pray that they will continue to prepare well, so that they will receive due credit for the work they have undertaken.

Please note that part of the preparation work for the upcoming exams took place last week with the Unit 3&4 VCE students, mainly Year 12s, completing their trial examinations. Thank you Ms Jeananne Brown and all who supported her for all their work in regard to this important process.

We also have a number of students undertaking VCAL and other pathway options and we wish them every success as well in their transition into the workplace, apprenticeships, traineeships or further study.

Year 7 2021

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

Celebrating World Staff Day

We've taken the liberty of changing "teachers" to "school staff" to encompass all of the people that it takes to serve the community of Lavalla Catholic College- we couldn't do it without everybody working together,

In what has been a very challenging year, it has been so heartening to see how we, as a school community, have worked together to be there for all our students.

I ask that everyone takes a moment to reflect on the important role our wonderful classroom teachers, leaders and support staff play, and all that has been achieved over the last 12 months.



Thanks to all staff in all schools for all the work that they do every single day.

Student News

Congratulations to Nathanael Duffy who has had his nomination for the 2021 Melbourne Principals' Scholarship accepted by the University of Melbourne. He was nominated for this scholarship by me after consultation with senior staff in recognition of his academic achievements and contribution to our school and wider community.

This week on Friday 30th, the St Pauls Campus will be participating in Day for Daniel.

The Day for Daniel is Australia's largest day of action to raise awareness of child safety, protection, and harm prevention. Held annually on the last Friday of October, Day for Daniel honours the memory of Daniel Morcombe.

We will mark this important event in three different way:

- **WEAR RED**- All students were encouraged to wear a touch of red with their uniform;
- **EDUCATE** - The St Paul's Campus Leaders chose a selection of activities and videos from the Daniel Morcombe Foundation that were completed during Home Room on Friday and will continue next week. The activities focus on internet safety.
- **DONATE** - If you are able, please follow the link to The Daniel Morcombe Foundation website to donate- [HERE](#) .
We will not be collecting money for the foundation at the College this year to remain as COVID safe as possible.

Lavalla Parents and Friends Debutante Ball Committee

Once again please find attached to this Newsletter an invitation to parents to consider joining the Lavalla Parents and Friends Debutante Ball Committee.

AWARD RECIPIENTS

Lavalla Catholic College is proud to acknowledge the success of its students.

EXCELLENCE

Year 7

Mason Bishoff
Isabel Ford
Oscar Kalan
Christiana Olayemi
Vipasha Parekh
Aidan Parsons
Keeley Smith

Year 8

Sienna Affleck
Makayla Brand
Anastasia Day
Elaina Domagala
Violet Estandarte
Elly Fleming
Ryan Johnson
Jorja Landels
Sally Lloyd-Webb
Robert Nicholls
Jorja Owler
Taylah Pavey
Savannah Theissling
Henry Turnbull
Hannah Van Iwaarden

Year 9

Emma Darling
Eliza Dunbar
Chelsea Elliott
Faith Farmer
Alyssa Ford
Ava Guarascio
Nellie Kennedy
Myiah Misiurka
Ayomide Olayemi
Annalese Russell
Georgia Said
Joshua Verhagen
Miles Verschuur
Eliza Watts

Year 10

Kylah Anderson
Grace Briggs
Grace Brown
Lucy Chilver
Anna Derham
Izaak Estandarte
Neha Gils
Athena Kavadias
Jackson Ludlow
Caitlin Mayer
Ashleigh Mihaly
Shannon Ryan
Emma Spagnolo
Lani Zimora

Year 11

Lara Bamford
Darion Duncan
Ella Fothergill
Annalise Gafa
Madison Matters
Brittney Paulet
Madeline Russell
Connor Saunders
Tahlee Sawers
Emma Van Den Brand
Jacob Wall
Emma White

Year 12

Jack Beechey-Danvers
Nathanael Duffy
Meg Dunn
Liam Jarvis
Colby Kennedy
Mobarrat Monir
Kayla Sibly
Stephanie Szabo
Alana Walker
Riley Watts

DILIGENCE

Year 7

Isabelle Ambrose
Emily Auteri
Erin Becker
Brodyn Blandford
Stephanie Booker
Kayla Carman
Hayley Causon
Dulcie Cogan
Elayna Collison
Meg Derham
Alice Farmer
Tahlia Field
Ava Flewin
Isaac Friend
Brooklyn Fue
Niah Gils
Charlie Hamilton
Addison Howe
Roshan Josraj
Phoebe McDougall
Maddison Reed
Steve Shaiju
Makailah Tharle
Constance Townsend
Madison Vivian
Memphis Walton
Zoscia Wendt
Chelsea Whitmore
Arwen Williams
Ashley Zandona

Year 8

Paul Antonopoulos
Rohini Arun Kumar
Krystal Beaton
William Brent
Venice Cardillo
Nicholas Cassar
Summer Charles
Sid Cogan
Tarquin Crosby
Olivia Fourlze
Leila Gaunt
Gabriella Green
Ruby Knowles
Ally McClements
Amelie Owler
Alexa Peake
Ava Rundle
Jesse Stevenson
Elodie Thorley
Mia Tosin
Jeordie Turner
Grace Van Tilburg

Year 9

Ruby Adams
Quin Boorer
Adele Calagaz
Liam Farley
Sophie Fothergill
Isabella Herben
Ethan Jarvis
Keely Jones
Riley Lang
Tyler Little
Chelsea McNamara
Emily Neocleous
Zulfa Ogunsina
Emily Ryan
Stella Saliba
Danae Sawers
Samantha Sbaglia
Deakin Simpson
Dylan Storey
Montanna Styles
Ciara Weston
Katy Yang
Jasmine Young

Year 10

Harrison Ambrose
Remi Baillie
Julian Colantuono
Ayva Duddington
Rebecca Fawcett
Kayla Francolino
Antony Giglio
Scarlett Green
William Griffiths
Hailee Henry

Amy Hutchinson
Charlotte Kanavan
Ruby McClements
Samuel McGregor
Abbey Pianta
Makaila Powlesland Hamilton
Abbey Rhimes
Thomas Said
Teagan Schoolderman
James Townsend
Chloe Twite
Despina Wolswinkel

Year 11

Lana Barnes
Isabella Bettridge
Ella Blackford
Nikita Blair
Campbell Blewett
Liam Byrne
Amelia Cassar
Chelsea Clarke
Christian D'Angelo
James Day
Coby Foley
Nicole Formaran
Angela Francolino
Madelaine Galea
Micah Harris
Clay Last
Carly Lavin
Chelsea Lawn
Claudia Lear
Matilda Lund
Destiny Mackrell
Lara Norman
Kade Petersen
Kelsey Petersen
Loren Quail
Kade Ruyters
Lakoda Scopel
Emmerson Taylor
Hayley Tharle
Tahlia Webb
James Wirken
Jake Zweytzer

Year 12

Liam Alesi
Chloe Bailey
Ally Balcombe
Xavier Bell
Zac Bezzina
Kiara Burzese
Nieve Campbell
Hannah Cheetham
James Chilver
Sienna D'Alessandro

AWARD RECIPIENTS

Luis D'Angelo
Jaida Delicato
Noah Georgeson
Hollie Gooding
Alexia Hall
Julia Harriman
Daniel Hegarty
Kiera Johnson
Lauryn King-Church
Wiktoria Kurowski
Audrey Lambert
Madalin Lighthart
Sarah Little
Victoria Ludlow
Jasmine Mackrell
Zoe Marshall
Ava Merton
Sasha Milstein
Maliat Monir
Alana Moon
Milly Murphy
Georgia Page
Elayna Pistrin
Jase Rek
Natasha Richards
Jordan Ross
Jye Saliba
Matthew Scholtes
Jaysen Sharman
Jonathon Springett
Alexa Stewart
Matilda Van Berkel
Zoe Ward
Eliza Whitty
Niamh Williams
Georgia Williams

MERIT

Year 7

Abby Bennett
Maddison Boyd
Ava Campbell
Elizabeth Cooper
Indiana de Dios
Ava Devenie
Julian Dore
Kiara Freeman
Katie Furmston
Joshua Haley
Shallimar Halliwell
Abigale Hirschfield
Jedd Ladgrove
Harry Linehan
Jessica MacGregor

Alison McGregor
Janey Moloney
Alice Mooney
Charlee Morrison
Charlie Page
Archie Quirk
Ava Ross
Mia Simpson
Jade Storey
Riley Sutton
Zali Tripodi
Angus Vella
Cameron Walker
Sarah Williams
Charlie Wirken
Emma Zalesiak

Year 8

Jack Amaira
Phoebe Briggs
Ryan Del Piccolo
Elysia Duncan
Troy Frost
Lucas Furlan
Georgia Greaves
Summer Harding
Grace Harding
Jocelyn Heenan
Gemma Herbert
Luke Holloway
Oakley Howe
Ryan Jones
Sachini Karunamuni
Abbey Kerton
Monique May
Isabella Molinari
Brandon Piening
Adorn Sebastian Siju
Hudson Smith
Amelia Vivian
Ben Waller
Mitchell Wooton
Casey Wright
Bethany Wright
Tahli Zarth

Year 9

Amali Adams
Noah Addison
Sophie Allford
Isabella Backman
Gemma Bezzina
Cohen Campbell
Gabrielle Cullen
Joshua Dalton
Ellee Dalziel

Danielle Fenech
Sienna Georgiou
Darcie Gridley
Mia Guarascio
Rhyley Guiney
Parrish Hall
Alaynah Jaffery
Jake Lesiw
Alex Lovison
Noah Mallia
Kyan Mann
John Marcou
Jordyn McDermott
Ainslee McDougall
Jackson Meyer
Dechlan Morrison
Ella Pavey
Katarina Politakis
Josh Rickard
Charlotte Ryan
Ashlea Stokes
Indiana Thomas
Damon Tibballs
Lucy Traill
Billy Turner
Sierra Welch

Year 10

Michaela Beveridge
Saharsha Bhattarai
Layla Blair
Giovanna Camilleri
Samuel Clark
Blake Couling
Georgia Daly
Belinda Delaney
Chienguan Dieng
Alyssa Furlan
Georgia Grieve
Isabella Kalan
Zoi Kyriacou
Simon Lea
Ruby Marks
Caitlyn McDonagh
Sophie Melbourne
Gabrielle O'Dell
Noah Page
Kaaliyah Palaamo
Millicent Passalaqua
Melody Paulet
Chiara Pistrin
Caeley Potter
Zane Pyle
Lachlan Rickwood
Andrew Rooney
Jasper Smith-Stevens

Jordan Soppe
Tayah Warne
Jamie Welbourne
Billy Whitmore
Callum Witney-Brown

Year 11

Alyssa Anderson
Logan Archibald
Cooper Baldacchino
Tyron Bramwell
Ella Brent
Alana Cameron
Lily Campbell
Sarah Cropley
Jackson Farley
Stefan Giglio
Marley Goodall
Blake Henry
Emma Hill
Antony Katiforis
Kate Lavery
Macie Leslie
Joshua Lyons
Latoya Martines-Dasilva
Coenrad Marx
Isobel McLennan
Emily McLure
Joshua Monacella
Beau Morgan
Meg Morris
Tarra-Grace Nixon
Finn Rohde
Keisha Roy
Alanah Shankland
Caitlyn Sorby
Campbell Sutton
Emma Walker

Year 12

Kaitlyn Anders
Grayson Barnes
Kasey Brown
Amelia Calla
Kieran Georgeson
Tiannah Goodwin
Lauren Grimes
Meg Hutchinson
Joshua Kennedy
Milan Maaka
Sophie Morton
Brayden Murray
Brooke Piening
Jye Tactor

one wild and
precious life

STUDENT WELLBEING



DOUG DOHERTY
Deputy Principal
Student Well-Being & Operations

As we journey through term four and see the horizon of the end of 2020, this quote from Zig Ziglar reminds us that we do not have to wait until next academic year to strive to achieve excellence in all that we do and say. It also reminds our Year 12 students that they still have an opportunity to finish this year the way they desired.

"WE CANNOT START OVER,
BUT WE CAN BEGIN NOW,
AND MAKE
A NEW ENDING."
- zig ziglar

We can finish the year at least trying to achieve what we originally set out to do.

We can finish the year making our families, our communities and ourselves proud of what we achieve and how we are developing as people striving to live as God desires.

Year 12 Leavers – Congratulations!!!

It is always mixed feelings to share in the Year 12 Graduation Ceremonies, however we have made excellent opportunities to celebrate within COVID-19 restrictions. On Thursday 29th October, we had a whole virtual College Celebration Assembly and on Friday 30th October Year 12 students were able to join the staff from Kildare for a range of activities as their Celebration Day.

The next important dates are:



Graduation Friday 4th December

Due to the number of families that have already arranged plans to watch the virtual graduation and the new announcement from the Premier that Graduations with COVID-19 restrictions can happen; Graduation will go to a vote of three options once we have further information from governing bodies regarding COVID-19 Restrictions. The three options to vote for will be:

1. Virtual Graduation – as arranged.
2. On-Site Graduation for only students and staff (waiting to find out if food can be served). Masks must be worn.
3. Hybrid – Students choose either to be on-site or virtual.

This vote will take place via Survey Monkey and the link will be sent by email to all parents/guardians and students.

STUDENT WELLBEING

VCE Results Day – Wednesday 30th December

10:30am-12:30pm at the Kildare Campus for Morning Tea, Staff and Careers Advice. Come and Celebrate.

COVID and Uniform Policy:

It is imperative that we continue to remind all our community that we have a responsibility to each other and the wider community to ensure that we are all wearing our masks appropriately, following the direction of the Government and Health Department.

Even though we are wearing a mask, it is still important that we continue to follow the uniform policy of the College. This means that facial piercings and clean-shaven is still an expectation.

Mobile Phone Policy Review:

It is time to review our current mobile phone policy and procedures. I will be leading a workshop of staff, students and parents on Friday 27th November.

We would love to have some parent participation in reviewing this highly debated topic. If you are interested, please email me direct on doug.doherty@lavalla.vic.edu.au.

Apprenticeships – Congratulations!!!

A new beginning has certainly been successfully achieved by these amazing young people who have secured their next step in their lives by achieving an apprenticeship or employment. Congratulations to them all:

- **Levi Cunningham** - LV Machining
- **Charlie Lockwood** - Lockwood fencing
- **Casey Porter** - Kevin Grimes Plumbing
- **Summah Gardiner** - Elysian Hair & Beauty
- **Kyle Whateley** - Hayleys concreting
- **Ryan Massaro** - Virtue Homes
- **Will Cunningham** - Veich Boats
- **Nicholas Fox** - Furlan Construction
- **Joshua Monacella** - Valley Windows
- **Jackson Farley** - LV Glass
- **Hunter Watson** - Mountain Logging
- **Olivia Fraser-Hanley** - Winston Brown Hairdressing
- **Dylan Purves** - CM Installations
- **Cooper McGregor** - Langden Constructions
- **Rhys Gilmore** - Gilmore Electrical
- **Hunter Eenjies** - Aridian Cabinets
- **Jordan Smith** - Virtue Homes

Stay safe and God Bless
Doug Doherty



LEARNING & TEACHING



BRETT VAN BERKEL
Deputy Principal
Learning & Teaching

Year 12 Students Farewell

It is hard to comprehend the nature of this week. We are celebrating and saying goodbye to our 2020 Year 12 students. It is their final week of secondary school classes. We have spent the last few months hoping and praying that they would come back to school. Now when we have them back, we celebrate them leaving!

This week has been a celebration of 13 years of education for these astounding young people. Throughout this year, they have shown resilience, perseverance, encouragement and support of each other. We are assured through their actions and words that their last six years of Catholic Education have shaped them into individuals that are of 'Strong Mind, and Compassionate Heart' ready to face the challenges of today and beyond.

Over the last few weeks and particularly today (World Teachers Day 30th October) I have been reflecting upon the teaching profession and how it never fails to bring joy and happiness, despite the many daily challenges. This year has shown us just how agile, committed and dedicated our teachers can be in the face of tremendous stress and upheaval. Now, more than at any time, we have the opportunity to understand better what is involved in successful teaching, and to recognise the fundamental value that teachers provide to our community. Perhaps there is no more immense joy than knowing that each member of the Lavalla Catholic College community has played both a small and large part in developing and nurturing the 2020 Year 12 students.

Our Year 12 students of 2020 have faced many trials, tests, tribulations, personal dramas and successes over their many years of schooling and have learned just what they are truly capable of. We send them off with much promise and real confidence in their ability to be a generation that will change this world for the better.

VCE exams and revision opportunities

Revision sessions

- All Unit 3 & 4 teachers will be available during scheduled periods to seek support. These opportunities will continue up to and including the day of the exam.
- We highly encourage students to attend school to access their subject teachers as they are one of the best resources available to them during the revision time.
- Revision sessions will start on Wednesday 4th November
- Further Maths will be running workshops during periods 1 to 3 on Friday 6th November. All students are highly recommended to attend.
- English and English Language workshops will be running on Monday 9th November. Information will be sent out closer to the date. All students are highly recommended to attend.
- When attending revision sessions, students are permitted to wear casual clothes.

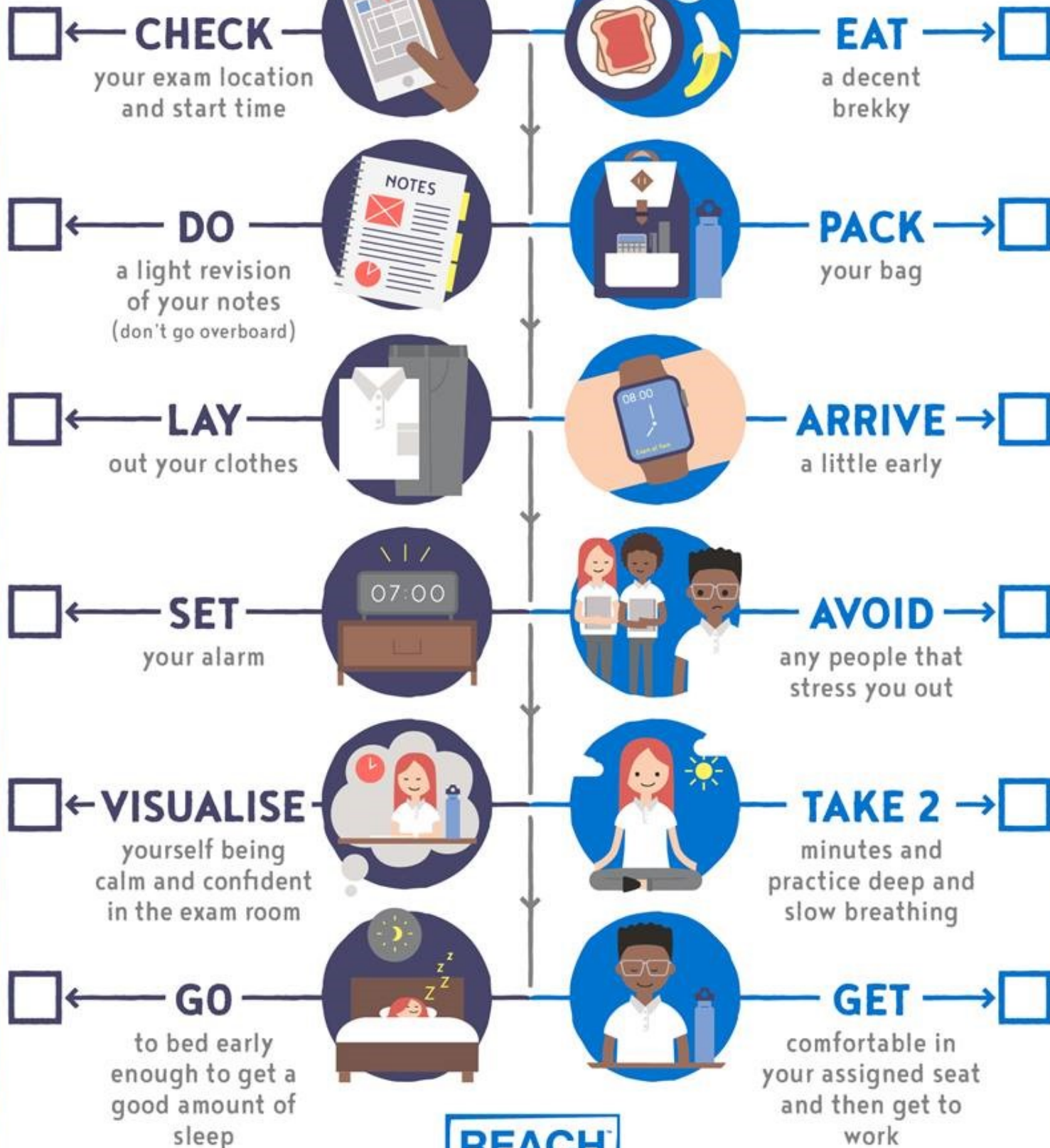
Exams

- When attending exams, students must wear full summer uniform. The Year 12 jackets can be worn in the exams.
- The first exam is the English exam starting at 9.00am Tuesday 10th November.
- Please follow this link to the VCAA exam schedule- [HERE](#)

NIGHT BEFORE

EXAM SLAYING CHECKLIST

On THE DAY



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!

CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission

At this time of year when we 'launch' our Year 12 students out into the world, it is timely to reflect on what we are trying to achieve with them, when educating them in our Catholic school. We know that life is full of many ups and downs, challenges, joys, achievements and disappointments, and as educators in a Catholic school we pledge to accompany our students in all of these moments. A quote from a Marist Youth Ministry Document, *Evangelizers in the Midst of Youth*, speaks beautifully of our mission.

We journey with Jesus and Champagnat as Marists side by side with the young

53. Jesus is our inspiration in relating to youth. Like Him we invite them to arise: "Talitha Kum" (Lk 8, 49-56), all the while respecting their personal privacy, believing in their talents, potential and dreams. We go out to meet them with the heart of an educator born of love for the human person and a firm commitment to accompany "life" as a privileged place to come together. So, as Jesus did with Zacchaeus (Lk 19, 1-10), we place greater emphasis on the processes of life and faith than on results. We approach the young using words that affirm, unite and send forth. We accompany them on the road of love, the love we have for one another (Jn 13, 34-35), a love exemplified by Jesus, one that when put into practice shows the world that we are His disciples.

~Evangelizers in the Midst of Youth: Marist Youth Ministry

Our students, all of our students, have had a challenging year, as have all people across the globe. We pray that, as they adjust to new realities of life, they will always come back to their 'blessings'. This year they have shown themselves and each other what it is to be resilient, to work with what life serves up, rather than lamenting for things which they missed out on due to the global crisis. This is the 'road of love', and the experience of being human. If we are able to focus on the gifts of each experience, even those of sorrow, we may find ourselves more able to value our connections with each other and experience the fullness of life, knowing that we are accompanied always by a God of love.



FAITH FORMATION



CHRIS ROGA
Faith Formator

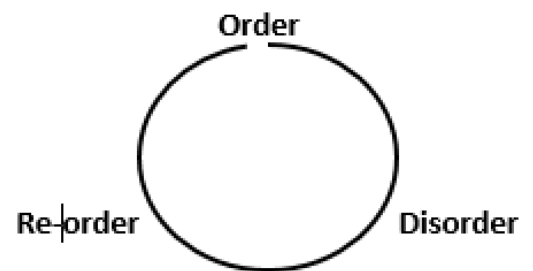
Melbournians Free after 112 Days Lockdown

At 11.59 on 27 October, Melbourne emerged from Stage 4 Restrictions. Crowds gathered in pubs and restaurants to celebrate. Spotlight and Kmart recorded crowds of shoppers at midnight. To be able to leave the house when we want, to sit at a café with a burger and a latte, to meet up with family and friends, is wonderful.

Freedom and joy are in the air.

In some ways the last 112 days have been 'apocalyptic' (Gk meaning 'revelation'). Melbournians have been tested. No one downplays the sorrows and loss, but Melbournians have been and disciplined. Truly we are witnessing the human spirit that can face unprecedented odds and refuse to be beaten.

What can we learn? At the centre of the universe lies the cyclic principle shown to the right. All progress from stars to sub-atomic particles follow this pattern to develop, improve and progress: Hegel explained the concept quite elegantly.



Disorder is the bridge into progress. The freedom that Melbournians express now is because they have crossed a bridge. Nothing is the same now. Everything is new. The lenses have changed.

Ironically, while we were locked down globally, the fundamental reality of humanity's interconnectedness was reinforced in so many ways by so many people; not leaders, nor prominent persons, but ordinary people doing simple things for one another which speaks of the best in human spirit.

Pope Francis' recently said, "If everything is connected, it is hard to imagine that this global disaster is unrelated to our way of approaching reality, our claim to be absolute masters of our own lives and of all that exists." (Fratelli Tutti, 'Brothers and Sisters'; 3 October 2020).

When Disorder comes knocking, we should open the door and welcome it because this is the opportunity to renew ourselves, to grow. Of course, some of us will want to go back to the 'good old days'. The reality is that they cannot go back. Others will welcome Disorder which can be painful. They are ready to cross the bridge into growth. They will not mourn at the empty tomb, but step into the garden of the living. I can't wait to see what Victorians and Melbournians will do next?

Year 12 Students Completing their School Stage

At the liminal stage, our Year 12 students complete their school stage this week. They have learned to survive and get on with reality. They have been resilient.

I salute each one of them and wish them all the very best. Once they have managed Covid-19 and the lockdowns, Remote Learning et al, they can manage anything.



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.

INSIGHTS

A flexible approach to raising kids



This year's unique challenges have brought a sharper focus on child-rearing styles. Parents who rely on one style have often struggled to meet the emotional needs of their children.

Kids who are worried, fearful or fretting about the future initially benefit from a nurturant, empathetic approach. "I get it" is what they want to hear so they feel safe and secure. They also benefit from a firmer approach where an adult communicates "You can cope with this" is something kids need to hear when they experience change, difficulty and disappointment.

This combination of nurturance and firmness is known as an authoritative approach according to Diane Baumrind, a leading researcher on parenting styles. A purely nurturant style is known as a permissive style, while a singularly firm style is known as authoritarian.

Warm cat, firm dog

It's helpful to use a cat and dog metaphor when discussing the authoritative approach. As dog-owners know these pets are highly relational and respond favorably to attention. The dog style of parenting is empathetic and has an encouraging, relationship-building focus. Cats, on the other hand, are usually self-sufficient and can live happily without you. Continuing the metaphor, the cat style of parenting is more likely to challenge kids, better able to manage poor behaviour and provide solid family leadership.

Body language counts

The dog-cat styles are expressed through our non-verbal language – our tone of voice, posture and heads. A cat speaks in a flat, clipped voice using a minimum of words. Their head is still, its body upright and confident. A cat is calm, quiet and in control. A dog, on the other hand, speaks with lots of inflection in their voice. They'll smile a great deal and lean in when they speak. It's a warmer more approachable style suited to conversations and building relationships.

Which style do you identify with?

Most people naturally have a preference for one style over the other. If you defer to one then you may have to work a little harder or more consciously to bring the other side to the fore. Many parents working in partnership with each other will share the dog-cat loads. One parent is firm in approach, while the other uses a warmer, more personal approach. Sometimes parents switch styles according to the gender or personality of their children. This is quite common as boys have a tendency to bring out the firm cat in their fathers and the warmer, protective dog-side in their mothers.

Conversely, fathers often respond to their daughters in dog-like ways and anecdotally, it seems, many mothers are more naturally cat-like with their daughters. Single parents without the luxury of sharing the parenting will generally need to be flexible and move between the two styles.

parenting*ideas

Avoid mixed messages

Get your cat and dog wrong and you risk being ineffective and failing to meet either a child's needs or the needs of a particular situation. If your first response to a child's difficulty is to be distant and unapproachable, then you are probably not meeting their immediate emotional needs. Your child or young person needs you to be approachable or dog-like when they come to you with genuine concerns. Conversely, approach a child or teen whose behaviour isn't up to standard with a dog-like approach and you'll be ignored or not taken seriously, leaving you either angry or deflated.

Flexibility is the key

It's my experience that it's possible to move seamlessly between the two modes but it takes awareness and practice. If you naturally default to cat mode, then you may have to put some conscious effort into responding with empathy and nurturance when your child or young person struggles. Alternatively, you may practise dog-like behaviours easily but have to work on your cat side to promote independence and manage your child's behaviour. In time these switches become automatic as your awareness grows enabling you to adopt new ways of parenting. Your effectiveness and satisfaction levels will increase as you move seamlessly between the cat and dog parenting styles.

Related webinar

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Parenting like a cat and dog' at no cost.

About

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.

When

11 November 2020 8:00pm AEDT.

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-parenting-like-a-cat-and-dog>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code METAPHOR and click 'Apply Coupon' Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. 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. The recording will be available in your Parenting Ideas dashboard so you can refer to it at anytime.



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.

INSIGHTS

Parenting in challenging times



Life has a way of throwing curve balls that really test the strength and resilience of families. Personal tragedy, natural disasters and global pandemics are the types of events that challenge us all to the core, testing our emotional and social resources.

When difficulties occur children look to the adults in their lives to maintain their security and safety. When change and uncertainty reigns, kids want strong, empathetic leadership from the significant adults in their world. As a parent it can be difficult responding to a child's needs when you're trying to adjust to changes that are forced on you.

Following are some elements to consider when parenting through times of challenge, change and difficulty:

Attention

Like a television antenna your attention is tuned to pick up the strongest signal. In times of difficulty a child may not necessarily signal that they are struggling, so you may need to fine tune your attention to pick up their needs. Start to notice the small comments and subtle behavioural changes, as they may not be small at all, and can provide helpful clues to their state of mind.

Priorities

In challenging times your focus may need to shift away from schoolwork, household neatness and chores. It can move toward relationship building, maintaining wellbeing and helping each other out. Parental priorities need to shift to the immediate rather than the future, the emotional instead of the behavioural and from thriving mode to survival mode in tough times.

Permission

Children and young people often struggle to express their feelings and thoughts in the face of adversity. They look to the significant adults in their lives for guidance about how they should respond to change, loss, uncertainty and disappointment. Allow them to speak about how they are feeling. Prompt conversations through closeness and connection. Display your own vulnerability and in doing so give your kids the permission they need to express themselves in safe ways.

Collaboration

Difficult times will invariably suit a family that enjoys a collaborative, close parenting style. In collaborative families kids feel listened to and also have an ability to impact family decision making. Shared mealtimes and regular family gatherings are generally a prominent feature of collaborative families. In difficult times those families that prosper are those that value and promote close connection between siblings and parents.

Wellbeing

parenting*ideas

Child and parent wellbeing becomes paramount in times of hardship. That may mean reprioritising the importance of school and work, doing something joyful every day and practising regular wellbeing strategies such as exercise, mindfulness, deep breathing and spending time in nature. The wellbeing bucket needs to be regularly refilled during challenging times.

These five elements form the basis of a planned parent response when major difficulties occur. Be patient, be kind to yourself and be willing to reach out to the wider community for help.



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.

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