



From the Principal

John M Freeman

Whilst we are a long way from what we might consider normal, we have been able to undertake, recognise and celebrate the things we usually do around this time of year. However, we are doing it differently. For example, we have commenced the VCE written exams this week. This is about two weeks later than other years, but they are part of our usual activities now. A few changes have needed to be implemented such as holding exams in the classrooms on the driveway side of Kildare campus to ensure appropriate distancing. In addition, we have just added three new air conditioners to this section so that students are more comfortable than they would have been in the hall.

Another regular activity is the recognition of Remembrance Day on 11 November. We would usually gather students for this special occasion, but restrictions prevent us from doing so. Therefore, we commemorated the day in period 2 classes, with class teachers using a video prepared by Adriana Bianconi. Thank you to Robyn Rebbechi for her work as well.

Usually NAIDOC week is celebrated in July, but it was moved to the 8th to the 15th of November. As you know, it is a week to celebrate the history, cultures and achievements of Aboriginal and Torres Strait Islander people in Australia. Ideally, we would have a guest speaker to talk to students, but again this is not possible. Accordingly, we are doing things differently by: placing the Daily Prayer and NAIDOC information on SIMON for LAs and Homerooms to be read in class. We also placed on our email banner the NAIDOC week banner. Finally, students and staff were able to watch a NAIDOC Video on Thursday 12th that featured a six-minute interview with Ronald Edwards Pepper prepared by John De Souza.

Without doubt, COVID-19 has been a major disruption in so many ways. However, this disruption has meant that we can think differently about what we do and do something we may not normally try. Some of these changes may not remain when we return to the new normal, but many will stay or at least be the genesis of doing the usual differently and perhaps better.

National Child Protection Week 2020 Webinar Recordings

A major part of National Child Protection Week 2020 (6- 12 September) was the Putting Children First webinar series, which featured more than 30 inspiring speakers across five days. These speakers shared meaningful insights about how we can all work together to increase the safety and wellbeing of children and their families. If you are interested, the recordings of the National Association for Prevention of Child Abuse and Neglect (NAPCAN) led webinars and additional resources are now available on NAPCAN's website-[HERE](#)

Staff News

Welcome to Jo Chambers who commenced this week as part of our Finance Team.

Well done to Alice Nelson, Angela McCann and Rachel Vanderkoogh on their good work in successfully undertaking the VCAL Quality Assurance- Stage 2 for Senior Numeracy. Feedback from the panel was very positive.

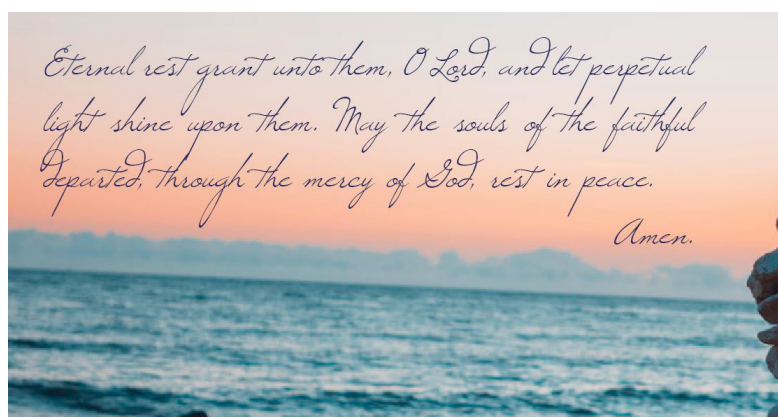
Condolences

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:

Adelina Delicato, grandmother of Jaida Delicato (Yr 12)

Greg Athanasiadis, grandfather of Jonti Athanasiadis (Yr 8)

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.



STUDENT NEWS

2021 Kildare Student Leaders

Earlier this term the college announced the students that would be taking on the role of college captain for 2021. They have already been hard at work; developing their leadership skills, planning for next year and helping with important events at the Kildare Campus.

The selection process for further 2021 student leaders has continued and it is now time to announce the complete list of Kildare students that will be leading in a variety of ways next year.

Please congratulate the following students if you have a chance. We look forward to working with them in the New Year.

House Captains

Champaganat



Christian D'Angelo &
Emmerson Taylor

Delany



Benjamin Gafa
& Chloe Lyon

Nagle



Kade Petersen
& Tyron Bramwell

Mackillop



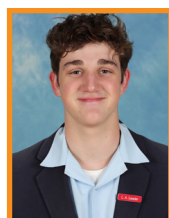
Jaslynn Salerno
& Mark Lucas

Justice
Leader



Matilda
Lund

Campus
Mentor Leader



Micah
Harris

Environment
Leader



Lara
Bamford

Mental Health
Leader



Maddison
Matters

Mental Health
Leader



Hayley
Tharle

Liturgy
Leader



Amelia
Cassar

Liturgy
Leader



Angela
Francolino

Cross Age Tutor
Leader



Emma
Van Den Brand

The college is continuing to seek student leaders at St Pauls and are yet to fill the Campus Leader and House Captain positions at the junior campus. The selection process is currently underway and the voting will commence this week.

Good luck to all of the campus leader candidates and congratulations to the senior students that have secured a leadership position for next year. There is much to look forward to!

We are delighted to inform the Lavalla Catholic Community that Shannon Ryan is a successful recipient of the University of Melbourne Kwong Lee Dow Young Scholars Class of 2022. According to the selection panel, there were over 1500 applications and it was Shannon's academic achievements and community involvement that really impressed them. Thank you to Michael McKenna for all his work with all the applicants.

Congratulations to Miles Verschuur who took part in the National History Challenge this year and being the successful recipient of the 2020 Young Historian Gold winner in both the Year 9 and Indigenous History categories. Additionally, he was named as the 2020 Victorian Young Historian of the Year for his work. Thank you to Kim Widrich for her work in supporting Miles and all students who participated in this enrichment opportunity.

STUDENT NEWS



Miles Verschuur Yr 9

In the six weeks between remote learning, Mrs Widrich approached me about the National History Challenge, an opportunity for students to extend themselves in History. The theme for the year was 'Contested HISTORIES'. I decided to write a research essay, yet I was still undecided on what to investigate. Then, the Black Lives Matter protests smashed the headlines and Wellington Shire Council was to vote on whether to remove five cairns dedicated to colonial explorer, Angus McMillan. I had a vague understanding of McMillan as the first white person to come to Gippsland. The article cited his murderous actions against Indigenous people as the reason to remove the statue.

I found myself with a unique opportunity during the June/July school holidays when we did have some freedom. I decided to enhance my understanding of this contested figure and travel to the 18 cairns dedicated to McMillan across Gippsland; all the way from Benambra to Rosedale, Omeo to Port Albert.

As I began to research a clearer image was emerging: McMillan is a divisive figure, with many people having strong opinions on how we should commemorate him and other colonial figures. One of the most striking parts of my research was when I visited Warrigal Creek, where McMillan's Highland Brigade massacred approximately 200 Gunai-Kurnai people. It was eerie and the scars left by such an event are undeniable.

After extensive referencing, I entered the essay into the competition. Having not heard any results for many months, on Tuesday I learnt, via a message from the Federal Minister for Regional Education, Andrew Gee, that I had won the top Victorian essay for Year 9, as well as Indigenous History and the Victorian Young Historian Award. Two prizes totalling \$400 were part of the awards as well as one platinum medal and two gold medals with certificates.

Thank you to Mrs Widrich for providing me with the opportunity to explore history crucial to this local area.



REMEMBRANCE DAY POETRY

Poems written by Year 8 English students for Remembrance Day.

Students used image right, as a prompt for poetry writing.



*Underneath the fear filled sky,
Soldiers sit amongst the slippery slope,
Destined not to start to cry,
The soldiers carry on radiating hope.*

*Raging storm clouds slowly roll in,
An atmosphere that is as bitterly cold as ice,
Frost settles on the frigid land,
Soldiers scrape out the last of the bean tin,
Being with their families would be nice.*

*Small rocks caving into the trenches,
Collapsing onto one another "crash, crash, crash"
Mud and death creating all types of stench,
The nights grow longer,
Lightning continues to furiously flash.*



By Imogen Caulfield

*Raised by scientists, farmers, more white men that kill god,
Unbearable terrors but we'll just smile and nod.
Tree trunks turn into tusks, war zones turning into elephant graveyards,
Shuffling fate & future like a deck of playing cards.
Romanticised,
Blanketed in propaganda, but when you open the closet door,
You'll see this that this too, is another rich man's war
"Shhhhh", the moon whispered down to those with misfortune,
"we'll all bleed silent soon"*



By Irmak Cakir

*In the treacherous trenches,
It became a river of soldiers
Being swept away by the gunshots.
The man and woman had bloodshot eyes.*

*After a rough night in the trenches
The Morning came and so did their food,
Served in cans and cups. Then came a boom.
It was a bomb as loud as a siren.*

*It looked like someone had just done a cannonball
With body's flying everywhere like a mall.
After the dust settled there was a massive hole
Filled to the top with bodies from all.*



By Jesse Stevenson

*Before the war started, I was considered lame,
No one liked me or my name,
Then the war started and off I went,
To an unknown place where I was sent.*

*The trip on the boat was long and wild,
When I got there, I was very tired,
The First World War was no place to mess,
If you do, you'll be laid to rest,*

*Falling with all the courageous, brave men,
Is where you'll be right there and-a then.
Now the war was alive with rage,
Making sure to turn history's page.*

*The cannons went boom and the guns went bang,
In the trench is where you'll hang.
In the trench is where you got sick,
In the trench is where you will stick.*

*You won't want to leave the terrible trench,
In there is where you'll cry on a bench.
When we fought some didn't come back,
And then some brave man came running back.*

*"Let's escape, let's escape," said the man with glee:
And that's how we escaped Gallipoli.*

Lest We Forget.

By Robert Nicolls



CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission

St Marcellin Champagnat had a goal for the students in his schools: he wanted for them to be **'Good Christians and Good Citizens'**. The little 'and' in the middle of the phrase is important for us to note.

Perhaps it would be an even clearer message if, instead of 'and', we included the words 'by being'. In our Marist school we aim to educate students so that they become 'Good Christians by being Good Citizens'.

The core of Christianity lies in its beliefs about the sacredness of human life, and our obligation to treat others with justice, respect and love. We must be people who care about others, about their ability to thrive in their lives, to live up to their potential, supported by a system which honours their individual needs, physical, spiritual and emotional. 'Good Christians and good citizens' have to be willing to get involved in the world, to bring about change and to address situations of injustice.

Whenever our interior life becomes caught up in its own interests and concerns, there is no longer room for others, no place for the poor. God's voice is no longer heard; the quiet joy of his love is no longer felt, and the desire to do good fades.
~ Pope Francis

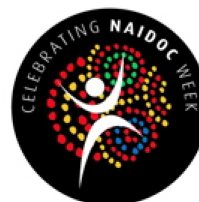
morefamousquotes.com

In our Catholic school we recognise and celebrate the fact that we are a diverse community; we honour this diversity and believe we should stand up and speak out when the humanity of any of us is threatened or ignored. We are proud of our students who want to address the injustices they see in the world around them, and support their endeavours to speak up when the world 'gets it wrong'. We aim for our students to understand the ways in which faith inspires us to act in the world, not separate from it.

NAIDOC Week

This week has given us a great opportunity to honour the contributions of Australia's first people through the celebration of NAIDOC week. NAIDOC (National Aboriginal and Islander Day Observance Committee) celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. Although limited by covid-19 restrictions, the College was able to celebrate NAIDOC Week in a way that featured the local First Nations community. Each day began with a prayer and information about the theme of the celebration, "Always Was, Always Will be", focusing on appreciation for the many contributions Aboriginal and Torres Strait Islander peoples have made to our nation. All students were then able to watch a pre-recorded video of an interview between John De Souza, our Community Liaison, and Ronald Edwards Pepper, a long time friend of the College. In the interview Ronald spoke about his Gunnai identity, his work as an artist, and the Gunnai Dreaming story of Borun and Tuk. The video also featured a recording of the choral work, Gunnai Dreaming, which was composed by Mark Clement Pollard. This choral work is significant because the Lavalla Catholic College Liturgical Choir were granted special permission by the Gunnai-Kurnai elders for the choir to sing in their reclaimed and revived language. We are proud to have been able to make our NAIDOC week celebrations highlight the living culture of the Gunnai-Kurnai people.

Please **click on** the image right to watch the NAIDOC commemorative video:



**Always Was,
Always Will Be.**
8-15 NOV 2020

NAIDOC Week
Interview with Ronald Edwards Pepper and John de Souza

FAITH FORMATION



CHRIS ROGA
Faith Formator

Some very interesting things are happening in our world; Victoria is nearly out of lockdown, while the USA records more than 131, 000 COVID-19 cases daily!. Donald Trump refuses to concede; Australian goods face increasing difficulty in the Chinese market; Job Seeker continues, but is reduced.

There is so much happening, it makes my head spin to keep up. But this is our world and we need to be aware of the trends and the forces that drive the trends.

From Tony De Mello comes this delightful, and thought-ful story. Enjoy it. And if you learn something, good; you have done it. If you do not, good; you have done it. Have a good fortnight.

The Priceless Treasure



A group of tourists sits in a bus that is passing through gorgeously beautiful country; lakes and mountains and green fields and rivers. But the shades of the bus are pulled down. They do not have the slightest idea of what lies beyond the windows of the bus. And all the time of their journey is spent in squabbling over who will have the seat of honor in the bus, who will be applauded, who will be well considered. And so they remain till the journey's end.

Source: Anthony De Mello, The Way to Love:
Meditations for Life
(Random House Canada, 2011) page 3

Consider This....

“What will it profit them if they gain the whole world but forfeit their life?”

—Matthew 16:26

“We are perishing for lack of wonder, not for lack of wonders.”

—G.K. Chesterton

SCHOOL CALENDAR

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

The [SECOND-HAND UNIFORM SHOP](#) is now **OPEN** every second Thursday from 3.30pm til 5.30pm. Please click the link for further details on days open and stock available.

COLLEGE NEWS



SHANE LEBBE
Dir of Music & Liturgical Music

While the final day for year 12 students was filled with farewells, our year 12 Liturgy students also gathered as a small community to engage in a Cosmic Walk reflection session. This offered our year 12 students the opportunity to gather in a reflective space to consider their time with us, the contributions they have made and their hope as they take this next step forward.

We thank our year 12 students for enriching our College community through their contributions to our Music Department and Liturgy Stream over the past three to six years and wish them well.



JANNET TAYLOR
Teacher Librarian

Library News

The Renaissance Reading Program is in full swing this term, with students across Year 7 engaging in reading books suited to their abilities. The Renaissance program measures student comprehension and language skills before matching them with suitable reading material that is neither too easy for them nor too difficult.



SPORTS ENRICHMENT

On Friday, November 6th, our year 7 – 9 Sports Enrichment students had a workshop day with sessions on interview techniques, planning, review of the year, motivation, and team building.

Unfortunately, due to COVID restrictions, we could not have the whole group together, so we split the day into year level sessions.

- LA and period 1 was the year 9s
- Periods 2 and 3 was the year 7s
- Periods 4 and 5 was the year 8s.

The session started with a team-building activity. This was followed by a rotation through 3 (year 9s) or 4 activities – motivation, interview techniques, review of the year/sport psychology review/planning and an activity session.

The Interview practice session had the athletes recording a mock interview and getting feedback on their performance.

The activity session had the students working on their leadership skills while also moving around to burn off some energy.

Mr. Scholes talked with the athletes about finding ways to stay motivated and use their motivation to achieve their goals.



Ms Joyce had the group review their goal, analyse how well they had been using the sports psychology techniques we have worked on at the start of the year and did some planning for the future.

We presented our Sports Enrichment award, which is a development award for a male and female athlete at St Paul's Campus. The award recognises attendance, involvement, commitment and leadership to the Sports Enrichment community. The criteria include:

- Participating and achieving at a high level in their particular sport
- Regular attendance at morning training sessions
- Showing leadership on and off the playing field.
- Actively encouraging and supporting other athletes in the program
- Supporting and demonstrating a growth mindset.

The recipients were:

Female - Adele Calagaz (Yr 9)
- Elaina Domagala (Yr 8)

Male - Baxter Kennedy (Yr 9)
- Jack Bailey (Yr 8)

It was an ideal day to check in with the student athletes and hopefully the athletes left re-energized and motivated to achieve their goals.



We are all hoping that we get a chance to do a few morning sessions again before the end of the year.

"If you are not willing to take a risk then settle for what you have"



Dear Parents/Guardians,

Please see below important information regarding the Second-Hand Textbook Trading System at The Sustainable Schools Shop.

TAKE YOUR TEXTBOOKS HOME DAY!

2020 Textbooks will no longer be required in classes for students after the dates shown below. Please take your textbooks* home on this day to sell to other parents on the Sustainable Schools Website. **Excluding textbooks carried over into 2021. These may be needed during Transition. Please check your 2021 booklist.*

New 2021 textbook orders must be finalised at the Seymour Street Newsagency by **Friday 11th December 2020**. Please list your second-hand books for sale as soon as possible before this date to allow for a comfortable trading window. We advise listing your textbooks for sale now if you know their condition, just mention that pickup will be after the relevant date below in your advertisement.

Year 12 Students

2020 Textbooks can be listed for sale when no longer required for exams.

Years 10 & 11 Students

2020 Textbooks will no longer be required in classes after **Friday 20th November 2020**.

Year 9 Students

2020 Textbooks will no longer be required in classes after **Wednesday 2nd December 2020**.

Years 7 & 8 Students

2020 Textbooks will no longer be required in classes after **Thursday 3rd December 2020**.

Information on The Sustainable Schools Shop Second-hand textbook trading system can be found at <https://www.sustainableschoolshop.com.au/> and on The College website at <https://www.lavalla.vic.edu.au/booklists/>

Buy and Sell

second-hand **Textbooks**



Simply

- Register on the Sustainable School Shop website
- www.sustainableschoolshop.com.au

second-hand textbook trading system

- List Wanted & For Sale Ads (Browsers tell each other what they require and what they have to sell).
- The school's booklists are loaded into the system to make the Ad listing process easy, fast and accurate.
- Our Ad Matching service shows you
 - Exactly the right items to buy
 - Who has the most items you need
 - The cheapest items
- Assistance is provided to accurately price items.
- Buyers contact Sellers, and arrange where and when to transact.
- Excellent email and telephone helplines are provided:
0438 743 444

Cost

- Browse and search the for sale ads for free
- Single items can be advertised for \$1.50
- Annual subscriptions \$21.95 (includes Ad Matching)

Also Buy & Sell

- Calculators
- Sporting items
- Musical items
- Electronics & DVD's
- Stationery

Pricing Guide

- | | |
|-------------|-----|
| • Like New | 70% |
| • Excellent | 60% |
| • Very Good | 50% |
| • Good | 40% |

www.sustainableschoolshop.com.au

ABN 55 114 136 211

helpful tips

- Be patient many new items are listed each day
- Listing Wanted and For Sale Ads gets results
- Our unique Ad Matching Service shows you who to transact with, and will save you lots of time
- Be realistic when pricing items
- Telephoning sellers provides a quicker response as many people do not regularly check their emails
- Pre-arrange who to transact with if your items are still being used and write the availability date in your Ad
- Respect other browsers and remember to Delist your Ads promptly when no longer needed
- Meet somewhere convenient to transact, don't make special trips and just fit it in to your normal activities

INSIGHTS

The power of sorry



Our boys tend to get into trouble more than our girls. There are lots of cultural and biological reasons for this but much of it boils down to the fact that boys are still soft-wired to be ‘mammoth hunters’, ready to react to any threat.

Generally, boys have more muscle than girls and, with that, a physicality that gets them in strife. There’s also brain research that shows that, while females tend to quickly shift emotions from the brain’s limbic system to the word centres of the brain, males tend to shift them into their bodies.

This is more obvious as our boys become teens as they can be as big and strong as men, but their brains are under construction and their bodies are flooded with testosterone.

Author and counsellor Michael Gurian writes that boys tend to seek external measures of success to feel good about themselves. It is critical they maintain credibility and status in the eyes of the ‘tribe’... that’s their peers, not you.

Inevitably, all this means your son will probably make many mistakes; or hurt himself; hurt someone else; or make a very poor, thoughtless, seemingly stupid or cruel choice.

React with compassion not shame

How you react as a parent can significantly impact how your son recovers from mucking up. Your first reactions may be anger, disappointment or the urge to discipline harshly. However, there are other ways of reacting that can strengthen your bond with your son and ensure he learns from the experience through growth rather than shame.

Listen to him, guide him to see the impact of his poor choice, help him make it right, forgive him and ask him what he might do next time he’s in the same situation.

Break down the old male-code

This code told us that men don’t apologise as it’s a sign of weakness. One of the most powerful things we can teach our boys is that when we make mistakes, we own up to them and we apologise if need be. Teach your boys that saying sorry when they really mean it is a sign of courage and strength, not the opposite. It is also about taking responsibility for your actions, which is important for boys to learn. They need to see the men in their lives – particularly dads – apologise.

Don’t force an apology

Forcing a boy to apologise can be problematic. A genuine apology is very different to a forced apology. A genuine apology has a real sense of remorse attached to it. Coach your son to see the situation through the other person’s eyes. If someone has been impacted, he needs to apologise and make amends even if he didn’t intend for the consequences of his poor choice to happen. It doesn’t mean he’s wrong. It just means his choice affected someone.

Embrace failure

To help your son better learn about failure, have conversations about things you hear in the media where boys and men have experienced failure and recovered. Steve Smith, the former captain of the Australian cricket team who was involved in a ball-tampering scandal, is a great example. He owned his mistake, publicly apologised, paid his dues and went on to have a very successful return to cricket.

Your son is going to make poor decisions repeatedly until he has enough myelin in his brain to be more mindful of the choices he makes. That is just a fact of life. As parents, your job is to, day-by-day, help your son learn a culture of accountability without a need for severe punishment, shaming or ridicule.



Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, [Parental As Anything](#). For further details visit maggiedent.com

INSIGHTS

Being an askable parent



In a recent conversation, a 16 year old told me how he's enjoyed some great conversations with his father since the COVID-19 pandemic. What I heard from this young man was that his father is not just an affable person but also a very 'askable' parent.

The young man told me that he could talk to his dad about anything, which I suspect would be music to his father's ears. I imagine that many parents would love to hear their kids say that about them. The notion of being a parent that young people can discuss personal problems with and seek answers to some of life's bigger issues such as politics, religion and sexuality has been a source of personal reflection and study over many years.

While young people can be notoriously secretive about what's on their mind, parent attitude and behaviour certainly impacts on their willingness to communicate. The following strategies will maximise your chances of being seen as an askable parent in your young person's eyes:

Be there

Proximity aids communication and relationship-building. The more time you spend in close proximity to a young person the more likely you are to have meaningful conversations.

Be attentive

Pay close attention when a young person starts a conversation or asks a question, as they are easily put off by parental indifference. Many young people experience difficulty articulating their thoughts, so they are extremely appreciative when parents pay them full attention when they have something to say.

Listen without judging or advising

Giving unsolicited advice is a sure-fire way to prevent young people confiding in you. Young people are more likely to discuss personal matters and difficult subjects if they know their thoughts and feelings won't be judged adversely or that they'll be deluged by advice. The use of Ahh statements ("Ahh, so that's what's bothering you?") is a great way to show young people that you are listening without judgement or advice.

Be prepared to challenge

There are times when you need to challenge the validity of a young person's views, their behaviour or the values they express. Misinformation, disrespectful attitudes and revelations about unsafe behaviour need to be discussed rather than ignored or criticised. It's wise to pick a time and a place that's likely to promote rational discussion rather than responding when emotions are high.

Engage in banter

Respected Australian educator Dr. Tim Hawkes writes in his book *Ten Conversations you must have with your son* that light-hearted banter is a prelude to more serious discussions. Not only does banter build relationships but it gives parents' permission to discuss thorny or personal issues with kids.

At a time when a parent's voice is easily drowned out by increased media and digital noise, it's more important than ever to connect with a child or teenager on a personal level. Being an askable parent will help you build deeper connections with the young person in your life.



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.