



From the Principal

John M Freeman

A return to the familiar...but doing it differently

Year 7 2021

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

Student News

I am pleased to announce to the community our student leaders for 2021.

College Captains



James Day



Nicole Formaran



Darion Duncan



Annalise Gafa

Junior Captains



Mia Tosin



Elly Fleming



Anastasia Day



Paul Antonopolous

House Leaders - Senior

Champaganat



Christian D'Angelo &
Emmerson Taylor



Delany



Benjamin Gafa
& Chloe Lyon



Nagle



Kade Petersen
& Tyron Bramwell



Mackillop



Jaslyne Salerno
& Mark Lucas



House Leaders - Junior

Champaganat



Venice Cardillo &
Oakley Howe



Delany



Robert Nicholls &
Jocelyn Heenan



Nagle



Phoebe Briggs &
Elaina Domagala



Mackillop

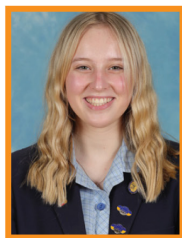


Grace Harding &
Abbey Kerton



PRINCIPAL cont....

Justice
Leader



Matilda
Lund

Campus
Mentor Leader



Micah
Harris

Environment
Leader



Lara
Bamford

Mental Health
Leader



Maddison
Matters

Mental Health
Leader



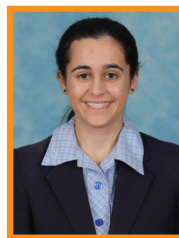
Hayley
Tharle

Liturgy
Leader



Amelia
Cassar

Liturgy
Leader



Angela
Francolino

Cross Age Tutor
Leader



Emma
Van Den Brand

Assistant House Captains



Malachi
Sanders



Jorja
Owler

Congratulations to all these students and well done to Megan Stewart-North who was instrumental in organising the entire process.

Congratulations to the Year 11 VCE Music Performance who performed their Unit 2 recitals on Tuesday the 17th of November outside under the sheltered area of the 60s block near the basketball courts. Again a different experience to previous years. The following students took part: Claudia Lear, Ella Brent, Campbell Sutton and Jaslynn Salerno.

St Vinnies Fundraising – COVID Style

Due to COVID-19 we have not been collecting goods and toys to create hampers as we have in the past. After consultation with St Vincent de Paul, we have been focusing on small monetary donations. The cash will be used to purchase Kmart gift vouchers for local teens (those who are too old for toys, and hampers are given to the family so they are not an appropriate gift). This was part of our fundraising last year and made a massive difference for St Vinnies as they did not have to dip into as much of their funds to support this.

For the first time, this community action is also being conducted at Kildare campus and not just at the St Paul's Campus.

We hope to finalise the collections early next week, so if you have not donated yet or wish to donate more, please try and do so by Tuesday, 1 December (St Paul's) or Friday, December 4 (Kildare).

End of Year Awards

We will not be able to recognise students for their achievements at our usual end of year Awards Evening this year. However, we will be using technology to have a whole school assembly via Microsoft Teams to acknowledge the significant achievements of our wonderful students.

A full list of all award winners will be published in our last Newsletter of the year.

VCE Exams

Congratulations to all students who have completed their VCE exams and best of success to those completing their final exams next week.

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:

John McCormack, father of Amy McCormack's (staff).

Rodolfo Macaraeg, grandfather of Cianna (year 8) and Ramon (year 7)

*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.*



PRINCIPAL cont....

Bushfire Season

Thank you to all involved in the organisation and operations of the exams, particularly Jeananne Brown.

We are now in bushfire season so you will find included in this newsletter the notice to all families regarding our Bushfire Procedures. This information can also be found on our website under the [Policies & Procedures](#) section. This summer season is developing to be one where the threat of fire is high and I urge all families to consider both their own personal bushfire plans as well as related issues that might impact on your family if a fire threat occurs during school time.

This information can also be found on our website in Policies & Procedures [HERE](#)

2021 Key Dates

Event

Date

Book List pick

Friday 11th January, 12 pm – 4 pm- *Kildare Hall*

Pick up dates

Wednesday 13th January, 3 pm – 6 pm- *Presentation Campus*

Friday 15th January 8 am – 2 pm - *Kildare Hall*

Wednesday 20th January, 12 pm – 8 pm - *Kildare Hall*

- **Year 7, 10 and 12 First Day** Friday 29th January
- **Year 8, 9 and 11 First Day** Monday 1st February
- St Pauls Swimming Sports Thursday 25th February
- Kildare Swimming Sports Friday 26th February
- Labour Day Public Holiday Monday 8th March
- Commissioning Mass Thursday 11th March
- **Last Day Term 1** **Thursday 1st April**
- Good Friday Friday 2nd April

SCHOOL CALENDAR

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

The [SECOND-HAND UNIFORM SHOP](#) is open by **APPOINTMENT ONLY**, please contact the school on 5174 7355 to make an appointment. Please click the link for further details on days open and stock available.

LEARNING & TEACHING



BRETT VAN BERKEL
Deputy Principal
Learning & Teaching

Semester 2 Concludes & Headstart Information

As Semester Two for 2020 draws to a close, it is timely to reflect on the variety of learning that your child has experienced this year; including social-emotional skills, self-regulation and the ability to take control of their own learning. In unpacking what it means to take control of your learning, we look towards 'assessment-capable, visible learners' who possess particular attributes that are reflected in the College's 'Learning Framework'.

Specifically, students who are able to:

- Think
- Reflect
- Communicate
- Be resilient
- Use initiative

Throughout this year which has had many challenges, our students have continually shown these attributes time and time again. In particular, we are incredibly proud of our Year 12 cohort. They have faced their final year of schooling with such positivity and they are ready to take on any challenge life may put in front of them. In facing their Unit 3&4 examinations, they did so in a calm and determined way. We wish them all the best over the coming weeks as examinations draw to a close and the opportunity to celebrate with families that their formal schooling has drawn to a close.

Transition

When discussing with your child what they would like to focus on in these last few weeks and then in Transition (2021 classes) which started this week, it may be helpful to consider, what feedback have they received? What feedback might they seek? What do they understand? How can they work with others to help their learning?

For Transition it is not expected that they have 2021 textbooks or novels. Teachers will provide resources that are needed in Transition classes. A reminder that all students from Years 7-11 are expected to read their 2021 English texts over the Christmas break, however, only students in VCE will be given work to complete during this time.



**Develop a passion for
learning. If you do, you
will never cease to grow.**
~ Anthony J. D'Angelo

CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission

This year has been the year of adjustment and change. For worshipping communities around Australia, their usual ceremonies have been adjusted to become 'remote', people have had to book in to masses or services, the key religious festivals and events have happened in homes, with small household groups rather than congregations. It has been a year to remember, and for some people, a year they'd like to forget. As we enter the Christian season of Advent, the theme of waiting seems familiar to us, in a year of so much waiting, hoping and praying.

We have learned this year that if we want to work with what life throws us, we have to 'pivot', and be ready to adapt. It is this which our community of learners has done so well this year. Through adaptation, in how we provide learning materials, in how we teach, in how we connect with students and support their wellbeing, our community has been able to provide worthy experiences for our students, to support their learning, and to help them to grow as people.

Earlier this week, our student leaders for 2021 participated in an online Student Leadership Gathering, with students from Marist Schools around Australia. In this instance, the online format allowed us to have more student involvement than would normally have occurred: an enormous benefit for our new student leader team as they were all able to learn about some ways of leading, and some of the important things to consider as a leader of their peers.

Yesterday we recorded a Liturgy for Advent, which will be shown to the students next week before they leave for the holidays. It was an opportunity to provide prayerful reflection, and will be a way in which we can 'gather' together, even when apart. The fact that we have the technology to allow us to do this is in itself remarkable. We are only beginning to learn how we can best use this to provide spiritual connection and support for students and staff.

So for a year which began in a 'usual' fashion, we have managed to survive and flourish in an extraordinary way. I take this opportunity to thank all the students who have supported our various projects this year, in particular our 2020 Liturgy Leader, Sarah Little, for her willingness to get involved, to solve problems and to support initiatives. We look forward to welcoming the new Bishop of Sale, Bishop Greg Bennet, who will be installed in his ordination ceremony next week. You may like to join in the celebration by watching the live stream which can be found [HERE](#). There is also some great information about what is involved in a Bishop's Ordination, which you might find interesting to read, on the website.

We will look forward to working with Bishop Greg, and welcoming him to our Lavalla Catholic College community. Until then, until 2021, wishing you and your families a peaceful and restful Christmas. May you have moments of grace, moments of gratitude as you wait for the blessings of Christ at Christmas.



FAITH FORMATION



CHRIS ROGA
Faith Formator

The phrase “contemplatives in action” has become increasingly popular in certain Christian, Catholic and Marist circles. It is a beautiful phrase, positioning two seemingly opposing forces in a delicate tension of creative balance.

What is the relationship of contemplation to action? Let’s explore this a little.

Thomas Merton speaks most clearly. He has the uncanny ability to describe the truths of the heart in a way the rest of us can understand. He says;

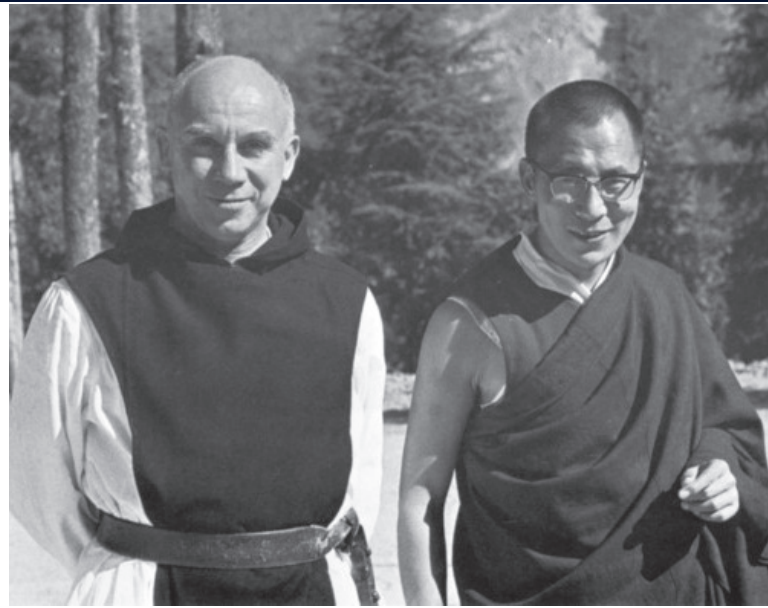
“He who attempts to act and do things for others or for the world without deepening his own self-understanding, freedom, integrity and capacity to love will not have anything to give others. He will communicate to them nothing but the contagion of his own obsessions, his aggressiveness, his ego-centered ambitions, his delusions about ends and means, his doctrinaire prejudices and idea.”

This is important for us at Lavalla. It is not the “what” of what we do, but the “for whom” and the “why” that adds lasting value and makes the difference. The rest only promote ego.

All of us advance ourselves. We seek money, power, status, career, fame, and pleasure and avoid failure and pain in the first stage of life. If we have children they are a blessing, because they force us to grow up. In some later stage, we become aware of failure, dissonance, a general dissatisfaction, things not going right, a yearning for something other. This is the threshold of opportunity, the invitation into contemplation. Not all of us will; and of those who do, not all will remain faithful.

Contemplation is challenging and destabilising. We become aware of the power of the “Me” (false self) and have to actively seek the “I” (true self) to grow. We fall more deeply into contemplative practice and God, the transcendent Other. Personal agendas give way to those determined by the Other. Those who walk the journey enter a world of freedom, joy and gratitude. The two gentlemen in the photograph are two such; contemplatives in action.

Merton deeply believed that our inner healing was for the sake of the outer world. Near the end of his life, he wrote the prayer on the right. It was radical in its time and remains just as necessary today:



Oh, God, we are one with You.
You have made us one with You.
You have taught us that if we are open to one another, You dwell in us.

Help us to preserve this openness and to fight for it with all our hearts.
Help us to realize that there can be no understanding where there is mutual rejection.

Oh God, in accepting one another wholeheartedly, fully, completely, we accept You, and we thank You, and we adore You, and we love You with our whole being, because our being is in Your being, our spirit is rooted in Your spirit.

Fill us then with love, and let us be bound together with love as we go our diverse ways, united in this one spirit which makes You present in the world, and which makes You witness to the ultimate reality that is love.

Love has overcome.
Love is victorious.

Amen.

INSIGHTS

Managing the mother load



“The mental load means always having to remember.”

Emma, a French cartoonist summed up the mental load that most mothers carry in her 2017 viral comic, ‘You should’ve asked’. In the opening scene a very hassled mother was preparing for a dinner party, while feeding her two young children, dealing with a noisy dog and answering the phone, all while she was hosting a colleague for dinner. As the dinner boils over the stove and onto the floor she looked at her partner imploringly. He unwittingly answered, *“But you should’ve asked! I would have helped.”*

This scene artfully exemplifies the many invisible layers of responsibility that mothers carry including arranging most household tasks, managing the family home and being on top of the fine detail in every family member’s life.

This is not the case in all families, but current research reveals that the great majority of women bear the load when it comes to housework (mums do twice as much as dads), caring for children (again, mums doing twice as much as dads) and carrying the mental load for their family.

There’s only so much we can manage. For those of us who are anxious, there will be times our plates will fill, and overflow. While there’s no single way to ease the mental load that mothers carry the following ideas will help to make life more manageable:

Stop making life easy for others

Anecdotal evidence suggests that many mums will overdo preparation rather than expect others to step up and help. I have been known in the past to cook and freeze up to a week’s worth of meals prior to travelling for work. Not any more though. Magically, my husband and two school-aged children have become very capable in the kitchen as I’ve stepped back.

Delegate and let go

Delegate some household jobs to your children. Leah Ruppanner, professor of sociology at Melbourne University says, “Unless death is impending from poor domestic decisions, step back, support and allow others to learn from their mistakes.” Letting go of jobs and allowing kids to do things in their own way is hard for perfectionist personality types, but it’s essential if you are going to last the parenting journey. Surprisingly, both guilt and perfectionism ensure that many mums keep their children dependent upon them.

Diarise and check

One way to ease the mental load is to lessen the number of mental notes and details that you carry around. Set up recurring electronic calendar entries for routine tasks and check regularly. This way you have less to remember and a place to find what you need, which is more efficient and mum-friendly way of being organised.

Lower the bar

Many mothers confess that they constantly feel guilt, if they don't put their children first. That's a heavy burden to carry. If anxiety is a constant companion, it's essential to lower the bar on your self-expectations. Unfulfilled expectations are proven stressors for mothers so take away tasks, rather than add to your mother load.

In closing

There's little doubt that many mothers carry an overwhelming mental load that adds to their anxiety and stress. I'm not suggesting that you abandon your job entirely but rather to look for ways to make the mental load you carry a little lighter. In doing so, life will become easier to manage. As with all behavioural change its easiest to start small. But whatever you do, if you're straining under the mother load make a start at releasing and sharing the load.

Parents can learn more about minimising anxiety as a mum in Dr. Jodi Richardson's book *Anxious Mums: How mums can turn their anxiety into strength* published by Penguin Random House.



Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How mums can turn their anxiety into strength*. For further details visit www.drjodirichardson.com.au

INSIGHTS

Modelling self-kindness



This has been a tough parenting year. On a personal level it's been challenging, but when you add the extra difficulty of helping children and young people navigate this year, you'd be forgiven for feeling like you've had enough.

It's timely to look at US-based academic Dr. Brene' Brown's research that informed her book *The Gift of Imperfect Parenting*. Brown's core finding was that the best parenting strategies rely on modelling for them to be adopted by children. That's a little scary as it means we need to be the adults that we want to our kids to become.

There is great power in kids watching us practise how we manage hardships, frustrations and difficulties. Whether we use self-kindness or self-put downs, either will leave an impression on our kids. Not only do they see how we react when we stumble or make mistakes, but we give them permission to act in the same ways.

It's hard to be self-kind

If you're a goal-oriented type of person, highly-judgemental or someone who likes to get things done, then self-kindness can be difficult to befriend. It goes against the grain to laugh at your mistakes or miss a deadline, even though it won't be the end of the world as you know it. If you recognise this type of rigid approach then it may be time let go of some old ways. Inflexibility is the enemy of healthy wellbeing, which thrives on adaptability and self-forgiveness.

Let them hear the process

Giving a child or young person insight into your thinking is a powerful parenting strategy. Sharing your struggles and mess ups with kids in age-appropriate ways takes vulnerability and promotes empathy. It takes courage to share a comment such as, "I keep putting myself down, which is not helpful. I've got to talk to myself as if I'm talking to someone I love." Disclosing this type of self-talk is only useful if it's done in a safe, matter of fact way and a child is comfortable with the message.

Self-kindness means acting compassionately toward yourself when you are struggling to meet your own expectations, meeting with unexpected difficulties and/or met with failure. It's time to drop the stiff upper lip, put aside the strict schedule and stop berating yourself. Instead say to yourself, "This is really tough right now. How can I take some comfort and look after myself?" This is a message worth modelling particularly, if you are living with a perfectionist or a child with tendencies toward anxiety.



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.

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- www.sustainableschoolshop.com.au

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- Buyers contact Sellers, and arrange where and when to transact.
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- Single items can be advertised for \$1.50
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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



Bushfire Season

Procedures

Fire danger ratings and warnings in Victoria aim to provide clear direction on the safest options for preserving life. Schools and children's services identified as being at high fire risk will be closed on days declared by fire authorities to be Code Red.

Lavalla Catholic College has not been identified as being at high fire risk, so we will **not** be closed on a Code Red day. In reality, the school is a safer place than many of our families' homes, some of which are located in fire-prone areas.

While our school has not been identified as being at high fire risk, offsite activities such as excursions, camps and field trips, are planned to occur during the fire season. If such activities are considered to be at risk from fire, they will be rescheduled or cancelled.

Our school is well positioned to respond to emergencies, including an unpredicted breakout of a fire or a known fire unexpectedly changing course. If this occurs, our school's emergency management plan will ensure that we respond to the threat in a timely and appropriate manner.

As part of preparing for the fire season, we have completed the Catholic Education Commission of Victoria's (CECV) self-assessment of our emergency preparedness. We have also reviewed our emergency management plan and conducted maintenance works aimed at helping reduce the threat of fire.

In the unlikely event that fire threatens the school, the staff and students will be evacuated from classrooms to a safe refuge, consistent with our emergency management plan. The College's SMS messaging service will be the primary media used to inform families of critical incidents such as fire threats should they occur. We will also send emails and place information on the main page of our website, but this will only be done after sending an SMS. Accordingly, if you have changed your mobile number and have not updated the College you are asked to do so by sending an email to registrar@lavalla.vic.edu.au.

If, at the end of a school day, fire activity prevents parents/guardians from being available for their children, parents/guardians should make alternative arrangements for the supervision of their children, e.g. to go stay with a family member or friend. In the event that such alternatives cannot be arranged, volunteer staff will supervise students for a time at school in the St Paul's Campus Marian Learning Centre. Students at Kildare campus will be transported by the College to the St Paul's Campus by 4.30pm. By evening, if it appears that the children will need to be accommodated overnight, they will be taken to an emergency relief centre by the school staff, as directed by the **Latrobe Council Management Response Team**. The Incident Controller and Municipal Emergency Response Co-ordinator (Victoria Police) are the only **authorised personnel** that can authorise an evacuation. They will advise of an emergency relief centre when it is deemed safe to do so. Details of the centre will be notified via SMS, email and placed on the website when it is released. These centres are normally setup in either Traralgon, Morwell or Moe depending on circumstances **as part of the Latrobe City's emergency management processes**. These will be staffed by people with responsibility for supervision and care of children without parents or guardians.



Parents are reminded that if students are to be collected prior to the normal end of day time that the children are to be signed out in the usual manner. If another person is required to pick up your son(s) and daughter(s) we require that they be registered with us as an emergency contact person or if an alternative person is required we be contacted by telephone or preferably email of this arrangement.

What can parents do?

Make sure the College has your current contact details, including your mobile phone numbers. These should be sent to the College Registrar by email - registrar@lavalla.vic.edu.au .

Keep in touch with us by reading *our Newsletter*, by checking our website: www.lavalla.vic.edu.au and by talking to your child's Learning Adviser or other members of the staff.

We suggest that you talk with your children about bushfires and your family's bushfire survival plan, particularly if you live in or are planning trips to fire-prone areas.

On days of high fire risk, children should never be left at home unattended or in the care of older children.

You can access more information about bushfires and schools on the Catholic Education Commission of Victoria's (CECV) website www.cecv.catholic.edu.au .

For up-to-date information on this year's fire season, visit the Victorian Government Emergency website at emergency.vic.gov.au or call the **24-hour VicEmergency Hotline** on **1800 226 226**.

John M Freeman
Principal