



## From the Principal

John M Freeman

Issue Four

2021

### Commissioning Liturgy

Our Commissioning Liturgy this year was held on Thursday, 11th March 2021 at 9.30am.

At the Liturgy we acknowledged and commissioned our 2021 Student Leaders:

Senior College Captains James Day, Darion Duncan, Nicole Formaran and Annalise Gafa as well as our St Paul's campus Captains Paul Antonopoulos, Anastasia Day, Elly Fleming and Mia Tosin.

Despite the fact that we had a limited number of people allowed to be present in the Chapel at Kildare Campus the liturgy was streamed to the students. We were assisted in sound and videography on the day by the team from Nanoo Nanoo, who also filmed our Liturgical Choir earlier in the week to then use their performance during Liturgy.

We also hosted the College Leaders' parents and were privileged to have Br Peter Carroll fms, Provincial of the Marist Brothers present, who also provided a unique reflection on the 2021 theme, Breathe. We also welcomed Br Julian Casey fms, former Principal and active in Advisory and Formation roles for Marist Schools, Sr Rose Duffy, Spirituality and Faith Formation Leader at the Catholic Education Office for the Diocese of Sale and present on behalf of Director Ms Maria Kirkwood, Mr Peter White, Chair MSA Regional Council, Member of Advisory Council and Mrs Jo Richards, Chair of Advisory Council.

Thank you Robyn Rebbechi and her team in developing and participating in the Liturgy.

Below is an edited version of my address to the community.

This morning I would like to share a few thoughts about our theme for this year – Breathe, the Spirit of Life and give you two challenges for this year.

### Breaths in a lifetime

When we are born, the first thing we do is take a breath and at the end of our lives we will take our last breath.

So how many breaths would someone take in a lifetime?

Well the average respiration rate for a person at rest is about 12 to 16 breaths per minute. I'll use 16 in this case.

This means on average, we breathe about 960 breaths an hour

23040 breaths a day.

8,409,600 a year.

If a person lives to 80, then that means on average they will take 672,768,000 breaths in a lifetime!

Please note this is based on a person's average respiration

*breathe*  
the Spirit of life (Rm 8:2)

# PRINCIPAL cont....

rate at rest. It does not take into account the increase in respiratory rate during exercise. Also our respiratory rates are significantly faster as children, therefore the actual figure is probably a lot higher than this!

So it is likely it could be as much as 800,000,000 for someone who is 80 years of age.

Life is not made up of one big breath, but a series of small, but important increments.

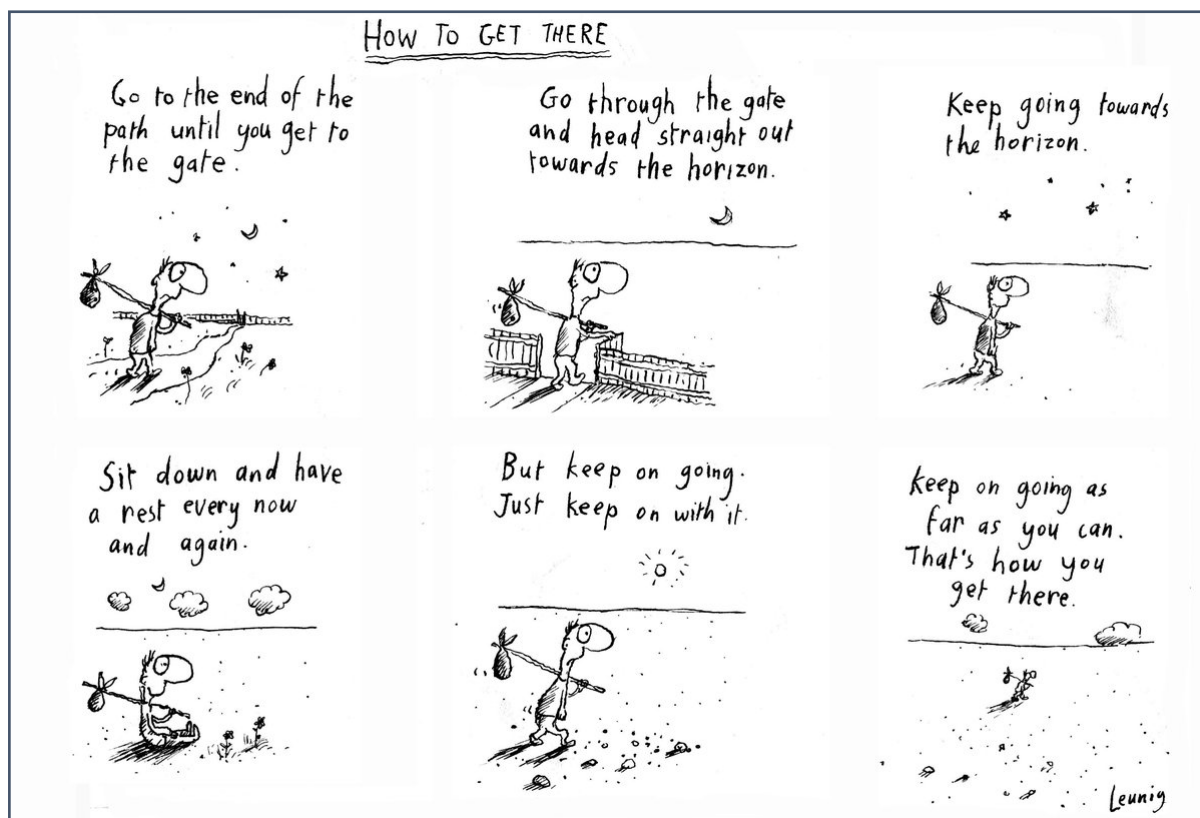
It is my belief that a good and successful life is usually the result of the accumulation of many small incremental actions. As Colin Powell, an American politician, diplomat and retired four-star general - once said "There are no secrets to success. It is the result of preparation, hard work, and learning from failure."

So my first challenge is to realise that each breath we take is another moment we are alive and therefore another opportunity to be better, that includes learning from our failures and an opportunity to make good those things that in our previous breaths were not what was needed.

My second challenge is for you to consider the challenge implied in the words of the American Poet, Maya Angelou who once said, "Life is not measured by how many breaths we take, but by the moments that take our breath away."

The challenge is not so much to seek action and adventure, but to look for those breath-taking moments that happen all around us all the time – the kindness of friends, the beauty of a sunset, the birth of new life, the taste of your favourite food... I could go on but hopefully you hear what I am saying.

Life is good if you look for what is good, seek to be better and use every breath, every opportunity to improve our lives, the lives of others and the environment. We can get there by following the advice of as Michael Leunig put in his poem.



## Harmony Week

This week and next week we recognise Harmony week which is a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community. Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

During this celebration our College Leaders have organised activities including a Kahoot based quiz, as well as an opportunity to wear a splash of colour in their uniform to show off a bit of their personality. For example, tie die socks, rainbow ribbon, fun hat etc. We also hope that those that participate make a small donation to Caritas. The colour orange symbolises “cultural diversity and inclusivity”.

Other initiatives occurring throughout the week that have been organised by the Heads of House and Wellbeing Leaders will highlight on anti-bullying and inclusivity, tying the whole week together in Harmony.

Additionally, we are recognising World Down Syndrome Day (WDSD) during this time.

## BackFlips Against Bullying

On Wednesday, 17 March we hosted an incursion for the students at the St Paul's, BackFlips Against Bullying. The BackFlips show utilises the performers' acrobatic and parkour skills to engage the students, in order to spotlight important issues on peer harassment, and its consequences in the real world. They cover topics such as Cyber-Bullying, Resilience & Power Dynamics, Harassment vs Assault, Real World Consequences, and Targeted/Repeated Harassment.

The presentation provides exit strategies for victims of harassment, and empower bystanders to take action against victimisation.



Thank you to the St Paul's Wellbeing Team for their work to arrange this program.

## National Day of Action Against Bullying and Violence (NDA)

Friday is recognised as the National Day of Action Against Bullying and Violence (NDA). At St Paul's campus this was recognised with an assembly lead by St Paul's Campus Leaders. The students presented information that explains what NDA aims to achieve, defining bullying, the effects of bullying and what we can do combat bullying. In particular the students exhorted their peers to be Up Standers not bystanders.

This was a great initiative by the students and I congratulate them on their desire to make our community a safe place where each person is respected and can thrive. Well done!

## Laps for Caritas

Next week we hold a 'Laps for Caritas' Fundraiser. Students are asked to bring a gold coin to compete in a house based walking competition. This will take place on the oval at the Kildare Campus on Wednesday, 24 March at Kildare and on the oval at St Paul's Campus on Thursday 25 March.

## Immunisations

Please take note that we have our first round of Year 7 Immunisations occurring on Tuesday 23rd March (Period 1 – 4).

*breathe*  
the Spirit of life (Rm 8:2)



# STUDENT WELLBEING & OPERATIONS



**DOUG DOHERTY**  
Deputy Principal  
Student Wellbeing & Operations

*"Sticks and Stones may break my bones, but names will never CONTROL me."*

## Backflips against Bullying



## National Day of Action Against Bullying and Harmony Week:



This last week has seen a range of actions being taken by staff and students with a focus on how we strive to be a College where everyone can be safe, happy and successful; where we take action against bullying and harassment.

On Wednesday 17th March the St. Paul's Campus was delighted to welcome 'Backflips against Bullying', which was a group of young men and women illustrating the dangers of bullying and offering students a range of tools to become 'upstanders' for themselves and others.

Throughout the College, we have had a number of activities happening during LA/Homeroom, all of which will be completed a National Day of Action against Bullying assembly, led by student leaders.

Next week the students continue to strive to ensure that Lavalla Catholic College is a Safe, Happy and Successful culture, by celebrating Harmony Week. This will involve a range of awareness seminars, chalk drawings, splash of colour day to mention just a few. We look forward to these informative and exciting events. I would like to take this opportunity to thank the Student Leadership Team and the Well-Being Team for their dedication and organisation.

*breathe*  
the Spirit of life (Rm 8:2)

# STUDENT WELLBEING & OPERATIONS

## Mobile Phone Policy:

Just a reminder to all families – **the Mobile Phone Policy comes into action from this coming Monday – 22nd March 2021**. This will be a positive start for the last two weeks of Term 1. This means that phones will not be confiscated during these two weeks due to our expectations that students will use this time honestly to develop the habit of placing their phones in their lockers and not using them during the day.

From day 1 of Term 2, confiscations will be enforced if a student is using their mobile phone around school during the designated times.

Please see some of the key directions from our policy and procedures:

### Acceptable Use – During School Hours:

#### Students:

- Will keep their mobile devices switched off or on silent in their lockers between 8.45am and 3.15pm
- May use their mobile phones in accordance with this Policy before school, and briefly at the beginning of recess and lunch breaks. This use must occur at the student's locker.

### Unacceptable Use – During School Hours

#### Students must not:

- Have their mobile phone in class (unless an exception has been requested, approved and documented by Leadership);
- Bring their mobile phones into exams or class assessments;
- Use phone cameras within the College grounds;
- Use phone cameras in banned spaces, for example, change rooms, toilets, gyms and swimming pools;
- Have their mobile phone visible or turned on at any College gatherings and events (e.g. assemblies, masses, sports days, performing arts);
- Take photos, film or stream any individual or group and their activities without their knowledge or express permission and the consent of the College;
- Upload or share any photos or video files to social media sites which bring the College or any College community member into disrepute or may cause emotional or psychological harm;
- Access inappropriate or illegal materials or bring the College or any member of its community into disrepute;
- Use mobile phones to send harassing or threatening messages.

## Open Evening – Year 7 2022

It is with great excitement that we can announce that our Open Evening will take place on Wednesday 31st March from 4-7pm. There will be family tours led by our amazing students, where one can experience the six year journey throughout our fully inclusive school and meet our excellent and passionate staff from Years 7-12.

Enrolments will now also be fully on-line. A link will be made available on our College Website after the Open Evening event.



Lavalla Catholic College is a welcoming, inclusive community called to make Jesus known and loved through education in the Marist Tradition.

With 'Strong Minds and Compassionate Hearts,' we unite to inspire, journey with, and prepare learners for life in our changing world.

At Lavalla, your child will be encouraged to journey and grow, to develop many friendships in a school which values the individual and celebrates the success of all our students.

Come and explore St Paul's Campus, where your child can begin their six year journey with an exciting array of subject choices which cater to the pathways of all students, their different interests and learning needs.

See how we create an environment where all our students can learn in a safe, happy and successful community.

We look forward to seeing you at our Open Evening.

# LAVALLA

## CATHOLIC COLLEGE

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STRONG MINDS COMPASSIONATE HEARTS

# Year 7 Open Evening

Wednesday 31<sup>st</sup> March 2021

St Paul's Campus  
Year 7 Centre, Grey Street.

4:00pm to 7:00pm

All welcome to attend.

For further information please contact

PH: 5174 7355

Email: [registrar@lavalla.vic.edu.au](mailto:registrar@lavalla.vic.edu.au)





# CONGRATULATIONS

Congratulations to these wonderful young people who were successful in achieving an apprenticeship or employment:



Ethan Hanlon  
Apprenticeship  
Hycraft Cabinets



Ryan O'Brien  
Fulltime Work  
Family Business



Cassidy Bartley  
Apprenticeship  
Independent Motor  
Sports



Nicholas Alimpic  
Apprenticeship  
Jocourt  
Constructions



Deegan Christensen  
Apprenticeship  
Diesel Mechanic  
Huges Plant



Peter Ezard  
Apprenticeship  
Ezard Cabinets



Luke O'Donnell  
Apprenticeship  
Aust. Trailer  
Manufacturers



Lachlan Stoll  
Apprenticeship  
Tony Yeates  
Automotive



Callum Bonnor  
Fulltime Work  
1st Class Roof  
Restoration



Kasey Pitzer  
Traineeship  
Middy's Electrical



Benjamin Fleming  
Apprenticeship  
Valley Windows

Congratulations  
on your success

*breathe*  
the Spirit of life (Rm 8:2)

# CURRICULUM NEWS



**BRETT VAN BERKEL**  
**Deputy Principal**  
**Learning & Teaching**

## Parent - Teacher - Student Interviews

In 2021 we will be conducting the Parent/Student/Teacher Interviews (PSTI's) in week 2 of Term 2. They will take place on **Thursday, 29 April, from 4 pm to 7 pm**. We will be running the PSTI's virtually. As per Term 4 2021, the sessions will be offered via Microsoft Teams. This is an opportunity to discuss with your child's teacher how they have progressed during Term 1 and to set goals that focus upon growth and development for Term 2 and beyond. Moving the PSTI's to Term 2 was based on feedback from teachers, parents and students. We found that the interviews taking place at the end of the term didn't allow for immediate follow up. We believe this pro-active approach will let your child put the strategies discussed in place the next day. All information on how to book and access the PTSI's will be sent out Week 1 of Term 2, and all booking will be made via your PAM account.

## Progressive Achievement Testing

Progressive Achievement Testing (PAT) has taken place across Term 1 for Years 7 to 10. Year 8 students are currently undertaking this testing. Students that were absent during this time will undergo the testing during our catch up sessions scheduled to take place over the coming weeks.

These tests focus on monitoring student growth over time and allow our staff to tailor their teaching to individual learners' needs in our classrooms. At Lavalla Catholic College, we pride ourselves on 'Knowing Our Students' and their readiness to learn. These assessments reflect our commitment to deliver the best program to each student.

## HOW CAN YOU SUPPORT YOUR CHILD'S LEARNING AT SCHOOL?

### You can encourage your son or daughter to:

- be organised
- arrive to class on time
- bring the required equipment to class
- be ready to learn
- complete and submit his/her best work

### You can support your child by:

- reminding them about the importance of having a growth mindset
- keeping him/her healthy- appropriate amounts of sleep, exercise and healthy food
- discussing and showing an interest in their learning
- reassuring them that teachers will be looking at designing learning to help them learn as much as possible from wherever their starting point is and,
- reassuring them that teachers will provide multiple opportunities for them to continue to learn key knowledge and skills

*breathe*  
the Spirit of life (Rm 8:2)



# MUSIC NEWS



**SHANE LEBBE**  
Dir. Music & Liturgy

On Tuesday the 9th of March our Liturgical Choir took part in a two hour recording session facilitated by external providers, Nanoo Nanoo. This was a wonderful community building experience that saw our students diligently working to record three works to accompany the Commissioning Liturgy on Thursday the 11th of March. These recordings were a wonderful way for our Liturgy Stream students to act in service of the College and has been received warmly by our community.



Orders for the Hot Cross Buns drive run by our Friends of Music Parent Support Group has closed and we are really grateful to all who have supported the drive this year. We have placed an order of almost 300 six packs of Hot Cross Buns and these will be ready for collection on Thursday the 25th of March, supplied by the Rosedale Bakery.

Our Concert Band, Jazz Ensemble and Jazz Combo are looking forward to their first performance since 2019 at the upcoming Open Evening on Wednesday the 31st March. This will be a fantastic opportunity to showcase to our wider community the hard work of our students and how great each ensemble is already sounding! Thank you to all of our musicians and their parents for getting along to our morning rehearsals and helping to give us a really good start to the year.





# EQUESTRIAN

Sophie Christensen, Isabel Ford and Lauren Lazzarotto recently competed in the Stratford Interschool Equestrian Challenge. Against large fields of riders the girls competed in a varied of equestrian events including jumping, games and show classes. Lauren had some fantastic results in the led, ridden and games classes. Isabel had a fast and clear round in the show jumping and Sophie excelled in the show classes to come home with year 9 Champion. Congratulations to all 3 girls for the teamwork and sportsmanship they displayed while representing Lavalla Catholic College.



## UPCOMING EVENTS

Year 7 Immunisation is scheduled for Tuesday 23rd March. Students are permitted to wear PE uniform on this Day. Ashleigh Thain, our school nurse will be in attendance for the Immunisation of our students.

The last day for Term 1 is Friday 1st April. Classes will conclude at the end of period 4 (1:31 pm). Students who catch buses will be supervised in the yard unit 2:00pm when the buses will begin departing.

Yr 7 Immunisation	Tuesday 23rd March
St Paul's Open Evening	Wednesday 31st March
Year 8 Retreat	Tuesday 30th March
Year 8 Retreat	Wednesday 31st March
<b>Last Day Term 1</b>	<b>Thursday 1st April</b>
Good Friday	Friday 2nd April
<b>Student Free Day</b>	<b>Monday 19th April</b>
<b>First Day Term 2</b>	<b>Tuesday 20th April</b>
Year 10 Retreat – Group 1	Tuesday 20th April
Year 10 Retreat – Group 2	Wednesday 21st April
Year 10 Immunisation	Thursday 22nd April



# After School Study Sessions

ALL YEAR 10, YEAR 11  
and YEAR 12 students

The Kildare Library will be open after school for anyone who wants to study or read, on the following days.

MON, TUES, WED, THUR

3:15pm – 5:30pm



## 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:

- DHHS 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 \_\_\_\_ / \_\_\_\_ / \_\_\_\_



**will Commemorate**  
*(60<sup>th</sup> Anniversary being cancelled)*  
**the 61<sup>st</sup> Anniversary of the**  
**Level Crossing School Bus Accident**  
**which occurred on 22 March 1960**  
**with the Blessing of the**  
**refurbished communal grave**  
**at**  
**Traralgon Cemetery**  
**On Sunday 21 March 2021 at 2pm**  
**followed by a gathering and function in the**  
**Oak Room**  
**ALL WELCOME**

Supported by



St Michael's Parish, Traralgon



Traralgon and District Historical Society

Please contact the Cemetery Office on 5174 9071 for catering purposes if possible