



From the Principal

John M Freeman

ISSUE ELEVEN

2021

Welcome back to Term 3. It was great to see all the students on their return on Tuesday last week.

The previous day we had a staff professional development day where we welcomed new staff, examined changes to the Victorian Institute of Teachers Code of Conduct, collaborated on reviewing our Wellbeing structures and programs, undertook anaphylaxis briefings, completed training in understanding and supporting students with Type 1 Diabetes, compliance training and report writing.

On Thursday morning, before returning to Remote Learning we held an assembly for the students on the Kildare campus. During the assembly, our Concert Band, conducted by Shane Lebbe, performed. Students were informed about upcoming events in public speaking, drama and this year's musical, Legally Blonde Jr. Our College student leaders also provided a recap of the events held last term and upcoming events and competitions they intend to conduct. Finally, students were invited by Megan Stewart-North, Student Leadership Coordinator, to apply for Leadership positions for 2022. Students were informed about what each role involves and the process for selection. Thank you to all involved in organising the assembly.

Thank you to everyone for the manner in which you have entered into this time of Remote Learning. It is a testimony to everyone's resilience and adaptability.

Currently, as I write we expect to return to face-to-face teaching next Wednesday, 28 July 2021. However, one of the realities that we will need to address upon our return is that our plans around events and activities that we had in place only last week will need to change. We are currently examining options available and will provide details regarding alterations early next week when we have more clarity on what we will be able to do whilst adhering to prescribed requirements. We appreciate your understanding that we cannot do what we planned in the manner we intended, but we will endeavour to do as much as we can safely and responsibly.

COVID Fatigue and Youth Mental Health

Earlier this week I was offered the opportunity to share a special report headed by Child Psychologist Dr. Michael Carr-Gregg. The video report provides essential and timely viewing for parents, carers, and educators reflecting new research and what uncertainties for families and young people lay ahead. Below is an extract from an email from Beth Blackwood, CEO of the Association of Heads of Independent Schools of Australia (AHISA). It outlines the context of the report and where it can be accessed:



The current COVID environment of repeated lockdowns is having a profound impact on the mental health and wellbeing of children and adolescents, far greater it appears than the experts have predicted. Now, halfway through 2021, the numbers are in on the emotional and developmental price being paid.

SchoolTV and Broadcast (a well-being platform developed for a coalition of Australian Principal Associations, including AHISA) have generously made this link available to all schools. The video can be found at [HERE](#)

PRINCIPAL cont....

Student News

I have already acknowledged two students who have been accepted in the Monash Scholars Class of 2021 to 2023 – Jasmine Young and Georgia Said. I am now happy to further acknowledge that Jaclyn Little and Miles Verschuur are also part of this program. Congratulations to you all on this marvellous achievement. Thank you to Michael McKenna for all his work in supporting the students in their applications.

NAIDOC Week

Whilst NAIDOC (National Aboriginal and Islander Day Observance Committee) Week celebrates the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples took place during the last week of the term break we have during this week recognised this time. Our celebration of NAIDOC Week has been done with consultation and guidance from local Elders. This is not something we do independently. We work with the local Aboriginal community and celebrate together. I thank John De Souza for his efforts in this work as well as Megan Stewart-North, Robyn Rebbechi, IT staff, Rita Nainie and our College Campus Leaders for their involvement in preparation for this important week in our national calendar. The theme this year is 'Heal Country' and the team of staff and students prepared a series of prayers, activities, and resources for students to complete during the week.

We also arranged for a banner to be added to all staff and student emails for the week.



Finally, we also shared a resource which highlights the knowledge and achievements of a local First Nations woman, Cassie Leatham.

Staff News

We welcome the following new staff this term:

- Tasha Brace, based at St Paul's Campus and teaching Health and Physical Education and Year 7.2 Homeroom.
- Nick Dowse, based at St Paul's Campus and teaching Health and Physical Education
- Elise Winkel who started this year at Kildare Campus as an Education Support Officer, but will commence this term teaching at St Paul's Campus teaching Humanities and Health and Physical Education
- Joel Dickason will teach music at both St Paul's and Kildare Campus
- Mark O'Farrell will work as our Trades Skills Centre Technician at the Kildare campus and also provide support in the technology area at St Paul's Campus.
- Deana Doumas is teaching Visual Arts at Kildare Campus.
- We also welcome back Jayne Scott and Duncan Walker who will be teaching classes for Viv Stewart and Andrew Wald whilst they are on Long Service Leave.
- We also welcome Michael McKenna back from leave.
- Congratulations to Rachel Vanderkoogh who has been recognised on the University of Melbourne Dean's Honours List for her high level of achievement in her studies- Master of Evidence Based Teaching.

CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI

Assistant Principal
Catholic Identity & Mission

As we experience another time of Victorian Lockdown, and a further period of Remote Schooling, I've been thinking a lot about how these experiences challenge us. We know that the COVID restrictions have made life very difficult for many families economically, and we also know that the separation from others is difficult for us emotionally and mentally.

This week I offer some reflections and ideas which you may find helpful in this period. We are part of a strong community at Lavalla Catholic College: let's remind ourselves that we remain a community, with people who care about us, even when we are apart. We are also reminded today, on the anniversary of what is known as the 'Fourviere Pledge' 23 July 1816 – the beginnings of the Marist Project -that the early Marists had a vision for the Church which they held dear, and that we take our place in this mission, to bring about a Church which encompasses people with love and compassion. An article about the goal for this church with a 'Marian face' is attached for your reference.

These first Marists also saw the need for significant changes in the Church. They saw themselves being called to help bring about a more humane Church, a Church after the model of Mary, woman and mother. Br Charles Howard FMS, former Superior General, 2001

From the writings of Thomas Merton

"In a world of noise, confusion and conflict it is necessary that there be places of silence, inner discipline and peace. Only in such places can love blossom. For the rush and pressure of modern life are a form, perhaps the most common form, of violence...the frenzy of our activity neutralises our work for peace and destroys our own inner capacity for peace! The greatest need of our time is to clean out the enormous mass of mental and emotional rubbish that clutters our minds..."

Pray as You Go:

Prayer App

Pray as you go is a website and App for daily prayer produced by the Jesuits in Britain. These daily prayers and longer prayer series focus on giving individuals a moment of focus, encouraging prayer and reflection in a gentle way, accompanied by beautiful music and scripture of the day.

You may like to listen to a Retreat session which ponders the work of poet, Gerard Manley Hopkins. [HERE](#)

A Reflection on World Environment Day and the Words of Pope Francis

"But once we have come to know how intricately complex and interrelated the beings that make up and sustain the life and health of the planet are, and have begun to understand how destructive our modern world, ... has become, then what begins as common sense develops into an enormously complicated challenge. It demands transformation – step by painful step, stage by patient stage – of our ways of thinking, imagining and acting..."

Empathy is still the key. Even if people are irreligious – as was the young Thomas Merton – they can still have empathy for the natural world and can be open to understanding it as an amazing piece of work, as something truly good and worth preserving...

Christians, because of their vast numbers, can have a huge impact on undoing the damage done to Earth if they can come to see Earth, not just as our home, but as beloved by the Creator, and then respond to it with self-sacrificing love."

From the Jesuit article, Thinking Faith: [HERE](#)

News from the Parish

R.C.I.A.: These letters stand for the Rite of Christian Initiation of Adults, the ancient Rite of welcoming people into the Church.

St Michael's Parish warmly invites anyone interested in discovering more about the Catholic faith to attend our meetings on Thursdays, in St Michael's Parish Centre. We start at 7.30pm sharp, and finish by 9.00pm sharp. This year's starting date is July 22nd. IF YOU KNOW ANYONE WHO MAY BE INTERESTED, ENCOURAGE THEM TO CONTACT EITHER Susan Grout (0412 671 308) or the Parish Office (5174 2060). We need to know who is coming for Covid regulations.

Fourviere – a Marian Face

23 July 1816



A More Humane Church – A Marian Church

"These first Marists also saw the need for significant changes in the Church. They saw themselves being called to help bring about a more humane Church, a Church after the model of Mary, woman and mother.

As Colin was to express it later:

"The Society must begin a new Church over again. I do not mean that in a literal sense, that would be blasphemy. But still, in a certain sense, yes, we must begin a new Church."

A new Church with Mary as model can be confusing, of course.

Is not Jesus the real model?

Unfortunately, it has happened at various times that the image of Jesus has been burdened with a certain remoteness and severity.

Colin saw the real needs of the people of the time and this required an emphasis on the Church as symbol of forgiveness, openness, a gentler approach.

Obviously, these qualities are all found in Jesus but sometimes they had been obscured by some theologians and preachers, for example, the Jansenists with their pessimistic view of the human race and their preoccupation with sin.

Father John Jago, former Superior General of the Marist Fathers, expressed it beautifully when he said:

"The call of Colin ... is not to launch any special devotion to Mary, nor even so much to imitate her and present her as model. His call is that we enter into her work of gathering, in mercy and compassion, all the People of God into a Church that is not triumphal, legalistic, but attentive to the fear, doubts and needs of the people in our own times we are the extensions of Mary in her work of renewing the Church into a kingdom of Mercy".

Br Charles Howard FMS, former Superior General, 2001

LEARNING & TEACHING



BRETT VANBERKEL

Deputy Principal
Learning & Teaching

GAT Rescheduled

The GAT has been rescheduled to Thursday 12 August 2021.

The rescheduling of the GAT allows schools time to organise logistics and put COVIDSafe protocols in place, so that students and staff can return onsite to participate safely.

It's important that as many students as possible have the opportunity to sit the GAT. The new date will allow students who may be impacted by school closures, quarantine and the need to self-isolate to participate in the test.

COURSE AND CAREERS INFORMATION AND ADVICE SESSIONS

Due to the cancellation because of COVID restrictions of the Course and Careers Expo (Friday 6 August), there will be several changes to what has been originally on offer.

The College will conduct a virtual Course and Careers Information Week from the 2nd to the 6th of August. We will run virtual parent Q & A sessions for VCE, VCAL and Year 9 into 10. Individual course advice sessions will be available for students in Years 9 to 11 on Thursday 5 August. More information on these sessions and how to book into them will be provided next week.

Friday 6 August all students will be on-site (pending COVID restrictions lifting). There were no classes scheduled to be run on this day for Years 9 to 11 but this has now been changed to maximise face to face learning opportunities.

SEMESTER 1 Reports and COMMENDATIONS

Due to the disruption caused by the lockdown, the Semester 1 Reports and Commendations will now be released on Monday 26 July.

A reminder that all feedback can be accessed at any time via your PAM account. This will have the most current feedback from any tasks your child has completed.

TERM 3 Key Dates

Many College events have been cancelled or postponed due to COVID restrictions. As these restrictions change we will advise the community of any rescheduled dates. Some Key Dates for Term 3 are listed below.

Date	Event
Monday 26th Jul	Semester 1 Reports available
2nd – 6th Aug	Course and Careers Information Week
Monday 9th Aug	Student Free Day – Staff Professional Practice Day
Thursday 12th Aug	General Achievement Test (rescheduled date)
Friday 20th Aug	2022 Subjects Selections due
Thursday 26th Aug	Year 12 Parent Teacher Interviews
Friday 17th Sep	Last Day Term 4

MICRO MATHEMATICS



DEBORAH MURELL
Mathematics Teacher

Interested students from Years 7 to 11 are invited to meet with other like-minded Micro Mathematicians to extend their mathematical thinking and problem solving capacity.

Students undertaking this program will benefit in many ways, including applications of cognitive neuroscience, including discoveries about memory systems, the nature and value of practice and rehearsal and the language and notation used in Mathematics.

They will meet on line, once a week, with a teacher.

Intended meeting days & times:

- Years 7 & 8 students: Tuesdays, 4.30 – 5.30 pm.
- Years 9 & 10 students: Wednesdays, 4.30 – 5.30 pm.

We may also have some lunchtime fun, if there is demand.

If you or someone you know would like to

- explore some really interesting areas of Mathematics in greater depth
- work on ideas in small groups
- discover multiple methods of solving problems
- develop self-confidence and resilience
- share your discoveries with your classmates and teachers.

then you should contact Mrs Rita Nainie (nainrit1@lavalla.vic.edu.au)

Ms Deb Murrell (murrdeb1@lavalla.vic.edu.au)

Our Whole Life

is about problem solving

It is natural to deal with **problems** throughout life:

How much to save, what course to study, which ipod to buy,
how to make friends,

- Our brain cells, if used **actively** – will keep making connections
- Our **long term memory** – will kick in if the info. makes sense
- Our **past experiences** influence our new learning.
- We **accept a memory** if linked to success - **avoid** if failure
- A positive **self-concept** is the **key ingredient**.....**I can learn**

Problem Solving Strategies

- **Chunking**.....breaking down, grouping, making sense
– Enlarges working memory capacity through **associations**
- **Paraphrasing**.....restating in own words
– cues for later storage
- **Summarizing**.....mind maps, visuals.
- **Short bursts of time**.....daily mind walk.

Constant Swapping between Long-term to Short-term Memory

- The brain uses **recognition** & **recall**

Match with stored information

Retrieve from long-term memory into working memory – this is how we re-learn.

*So
Spend a little time each day training your long term memory*

Some potato chips, particularly Pringles, are in the shape of a saddle.
In mathematics a saddle-shaped graph is called a hyperbolic paraboloid



NAIDOC WEEK



JOHN DE SOUZA

NAIDOC (National Aboriginal and Islander Day Observance Committee) NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC Week celebrations at our College have been guided by our local Elders within the Aboriginal communities with whom we work closely and celebrate events such as NAIDOC Week together. Staff and student leaders paid tribute to the culture, knowledge and achievements of Aboriginal and Torres Strait Islander peoples through the daily prayer and sharing of particular resources.

Each year our College commemorates this significant event by inviting an Aboriginal guest speaker to share their wisdom with staff and students. This year we listened to the words of Cassie Leatham, a proud Aboriginal artist, designer, dancer and educator for our natural environment.

Cassie was able to tell us how “plants and animals play such an essential role in her life and artistic practice” and how we can live the message of NAIDOC Week, “Heal Country”.

We thank Cassie for speaking with us and we hope to use the knowledge she has shared with us to play our part in order to ‘Heal Country’.

The interview is available at: [HERE](#)

Happy NAIDOC Week!



breathe
the Spirit of life (Rm 8:2)

MUSIC NEWS



SHANE LEBBE

Dir of Music

On Thursday the 15th of July our Concert Band had their first performance since September 2019. The performance of The Siege of Harlech Castle and Implacato was met with a resounding applause at the Kildare Campus Assembly with audience members later exclaiming 'it was the highlight of the assembly' and that they 'didn't realise how much they had missed the bands at these events'. There was an excited energy amongst our musicians as they took to the stage, each carrying themselves outstandingly. For some of our younger members this was their first performance experience and for many this was their first time performing to their peers. We'd like to congratulate our Concert Band members of their performance and look forward to seeing them back on the stage soon.

Term 3 is traditionally our busiest time of year with a full performance calendar. While current restrictions have postponed some of the recording events and VSMF performances we had planned, at this stage we can still look forward to showcasing our students' work at the Latrobe Valley Eisteddfod and the Annual Music Concert which will be taking place in an altered format. We will continue to be guided by restrictions and in the meantime encourage all of our musician to keep up their daily practice in preparation for these upcoming events.

