



## From the Principal

John M Freeman

ISSUE TWELVE

2021

### COVID-19

As you are aware we entered into Lockdown restrictions and consequently another of period Remote Learning effective from 8.00pm Thursday, 5 August and returned on Tuesday, 10 August in Regional Victoria. This was an unexpected, but appreciated swift return to face to face classes.

I hope that all in our community, particularly the students, kept engaged with each other as much as possible and continued working on those things that assist us in achieving our goals whilst we were briefly working at home. It is important that we do not allow ourselves to “switch-off” during these uncertain times because we cannot work in the usual way.

It was our plan on Friday last week to present the Mid-Year Academic Excellence, Merit and Diligence awards to students and it is still our plan to do this now this coming Friday now that we have returned to school. The mode of recognition will be different to what we have done in the past. Usually for this important event we gather staff and students from both campuses in the Champagnat Centre, and invite families and important guests. However, recognising this was not possible our approach is to hold Virtual Assemblies, for either Year Levels at St Paul’s campus or Houses at Kildare campus. Each student receiving an award will be named by their Wellbeing Leader and then receive their certificate and badge from the Homeroom Teacher or LA.

Prior to this part of the assembly the students will hear a few words from me, which I recorded, about the importance of these awards and a few thoughts on an adaptation of the aphorism from the French philosopher Voltaire – Perfect is the enemy of the good. The key point I made in the recording and I make here is that we should not stop doing what is good if it cannot be as we imagine it should be done. Waiting for the perceived right time, with the optimum arrangements, is a great aspiration. However, not doing something that is valuable and important because circumstances prevent it to be exactly as we want, means we miss out altogether.

### Australian Census Tuesday 10th August 2021

An important feature of our Australian democracy is the information Government seeks to learn about its people. Every five years, the Australian Bureau of Statistics counts every person and household in Australia. It is known as the Australian Census of Population and Housing.

The Census is the most comprehensive “snapshot” of the country and tells the story of how we are changing. It includes around 10 million households and over 25 million people.

Census data tells us about the economic, social and cultural make-up of the country. Census data is used to plan and deliver services across Australia. The Census isn’t just numbers, but what those numbers tell us – every statistic tells a story.

The Census invites Australians to nominate one’s religion. You are encouraged to respond to this question, however you may identify, and not leave it unanswered. As Marists, we are members of the Catholic faith community, whose important contributions to society are for the common good of all Australians.

# PRINCIPAL cont....

As explained on the Census website, Governments, businesses and not for profit organisations, use the information gained from the Census to:

- make important decisions about transport, schools, health care, roads and buildings
- help plan local services for individuals, families and communities.

## Student News

Congratulations to Nathanael Duffy (2020) who has been recognised with a Premier's VCE Award for his outstanding academic results in 2020.



Nathanael received a Study Award for excellence in Music Performance

The annual Premier's VCE Awards recognise the top-performing students in the state. This year, 297 students were recognised with awards for their outstanding results.

The entire Lavalla Catholic College community is proud of Nathanael and would like to congratulate him on being the recipient of such a prestigious award. To read more about the Premier's VCE Awards, visit the [WEBSITE](#)

We also congratulate Miles Verschuur (10) who is a State Champion in The Australian History Competition for 2021. Great work Miles.

Well done to Lucas Furlan (9) who recently travelled to Darwin to compete in the State DTL Clay Target Championships. Lucas competed in 6 different events, placing 1st in 4 events and a 2nd as a junior shooter. He also won a 3rd in AA grade. With this success he won the "Northern Territory Junior Overall High Gun State Champion". A great accomplishment by a Year 9 student.

## Staff News

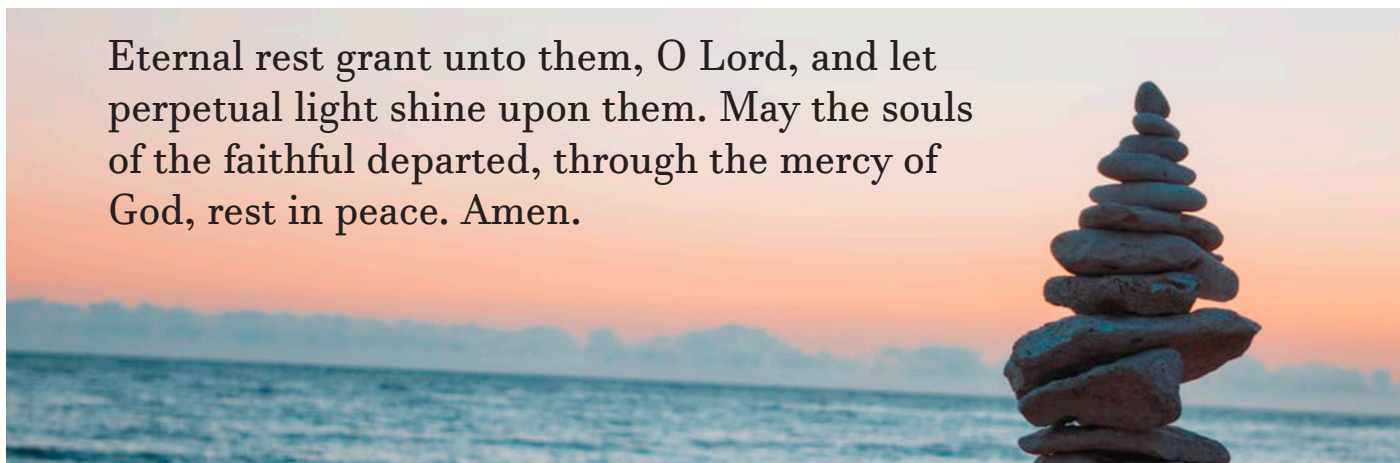
Congratulations to Steve Erdely who is a first time grandparent. Steve's son Anthony and his wife Sara welcomed Finn into their family last week.

## CONDOLENCES

Finally, can I please ask that you keep the following people who have passed away as well as their families and friends in your prayers:

- Steven Nash, grandfather of Kayla (10).
- Jacqui Pearson, daughter-in-law of Jo Richards Chair of Advisory Council, wife of Stephen and sister-in-law to Natasha (2020) and Leah (2019) Richards.

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.



# CATHOLIC IDENTITY & MISSION



**ROBYN REBBECHI**  
Assistant Principal  
Catholic Identity & Mission

As we briefly worked and learned again from our homes, it seemed as if we had been transported back to the reality of 12 months ago, when Victorians were experiencing the fear and uncertainty of the covid pandemic second wave.

We learned then of the importance of working as a group, of considering every person our brother and sister and recognising that all people are connected. In short, we were reminded of what we probably knew in our hearts: as citizens of the globe, as citizens of Australia, we are closer together than we think.

The feast day of St Mary of the Cross MacKillop was celebrated on the weekend, and for citizens of Australia, Mary MacKillop is a great reminder of how we are called to look after each other. Mary MacKillop's life's work was centred around others. Her early work as a teacher in a remote community soon grew to providing education for many students in remote areas of Australia, and establishing the order of the Sisters of St Joseph, as a way of bringing education to Australian families. Mary MacKillop recognised the importance of living for the good of others; an inspiration for us all in our daily lives, and a relevant reminder in these times, once again, where we are called to consider the health and wellbeing of our community, and not only ourselves.



I leave you with some wisdom from Rabbi Sid Schwartz to reflect upon. May it give us some comfort, and encouragement to do what can to remain generous hearted and considerate of others.

## Nothing is so precious as life.

The global Coronavirus pandemic drives home an essential religious truth. We are all One.

We are all part of the human community. ... Each of us possesses a spark of Godliness.

May we, in the days, weeks and months ahead, find the strength to manifest the better angels of our nature and not succumb to the selfishness and greed that sometimes overtakes us in times of fear.

May we reach out to those we love with words of tenderness and compassion. May we take the time to expand our universe of concern to friends, acquaintances and colleagues with a simple phone call...

If we are in a position to help those, most vulnerable among us, let do our part. Let us be inspired by the self-sacrifice of thousands of health care professionals and first-responders whose courage in the face of danger is nothing short of heroic.

And when this trial passes, as it surely will, let us re-enter the human community with a newfound appreciation for our interdependence, our need to narrow the gap between the haves and the have-nots and our responsibility to be better stewards of our all too fragile planet.

—Rabbi Sid Schwarz, April 8, 2020



# Caritas Prayer for the COVID-19 Pandemic

May we, who are experiencing the effects of the COVID-19 pandemic in Australia and are coming to terms with a new reality, remember the words of scripture "Be still and know that I am God".

May we, who as adults struggling to process what is happening in our world, remember children who are fearful of a reality they cannot comprehend.

May we, who complain about the scarcity of commodities, remember those who are working to maintain the supply chain.

May we, who observe the long queues of those seeking support, remember those for whom there is no government assistance or financial aid.

May we, who rely on essential services, especially those in the medical profession, remember all those working on the front line.

May we, who work to end poverty, promote justice and uphold dignity, remember those living and working in vulnerable communities.

May we, who are working from home, remember those who have no employment or home from which to work.

May we, who have access to medical facilities and services, remember those who do not have basic health care.

May we, who are beginning to experience border closures, remember refugees who cannot return home.

May we give thanks for those who are working to help or bring some kindness, joy or humour to others, showing us the light of Christ lives.

During this time of isolation as we close our doors, may we continue to keep our hearts open to our family, friends, local and global communities.

We ask this in the name of Jesus.

Amen

St Oscar Romero, patron saint of Caritas Internationalis, pray for us.

Patron Saints of Australia,

Our Lady Help of Christians, pray for us

St Francis Xavier, pray for us.

St Therese of Lisieux, pray for us.

St Mary of the Cross MacKillop, pray for us

St Marcellin Champagnat, pray for us.



# LEARNING & TEACHING



**BRETT VANBERKEL**

Deputy Principal  
Learning & Teaching

## A WELCOME RETURN

Walking around the College during the last school closure and again during the most recent closure it felt like an empty shell. I was reminded of the importance of the vitality and presence of the Marist family spirit and all the individuals who make up our community. As we return from Remote Learning 6.0, we celebrate the opportunity to come together as a community.

I wish to acknowledge the commitment of all our staff who work tirelessly to provide the resources and learning programs for our students. While the transition to and from remote learning is now more familiar, it is certainly not easy. Staff have continued to work extremely hard to support all students during this time. We have focused upon maximising face to face teaching opportunities and there has been significant time and planning gone into structuring the rest of Term 3.

## Careers and Courses Advice

This year, due to COVID-19 restrictions the traditional Course and Careers Expo that would normally take place at the Kildare Campus this week has been changed to a virtual event.

As part of this process, your child will be taken through a series of presentations and complete tasks that will assist them in making subject selections for 2022. They will also have access to advice from their Personal Learning Teacher, Learner Advisor or Homeroom Teacher and our Career Advisors.

On Tuesday we conducted two Zoom Q & A sessions 1. Year 9 into 10 session and 2. VCE and VCAL session. Both of these recordings are available on the College website under the Courses and Career page [HERE](#)

You will also find information that will assist with selecting subjects in 2022.

## GAT

Currently has been postponed a new date will be communicated as soon as we are advised.

## Unit 3 & 4 Trial Exams

This year we will be conducting our Trial Exams from 27 September to 1st October. This is the second week of the Term 3 break. We have done this to maximise the opportunity for face to face teaching in Term 4. This will allow greater time for exam revision and preparation before the VCAA exams commence on 27 October. More information regarding this event along with the trial exam schedule will be sent out via email in the next fortnight.

# STUDENT WELLBEING & OPERATIONS



**DOUG DOHERTY**

Deputy Principal  
Student Wellbeing &  
Operations

Sunday past (8th August) was the feast of Saint Mary Mackillop, whose quote is a directive influencing all Catholic schools and communities, especially during these current COVID-19 circumstances that creates a new normal. This is version two of my newsletter, which had to be rewritten to be relative with the snap return. However, at Lavalla Catholic College we are a proactive supporting community. This is evident from some of the activities that are taking place at the moment.



*"Never see a need  
without trying  
to do something  
about it"*

*Mary Mackillop*

## Mental Health First Aid Training

It is with great excitement that we can announce that Mental Health First Aid training has begun for Year 12, 11 and 8. The purpose of this is to assist students in being able to identify mental health needs amongst themselves, peers or family. It will also assist them in being able to seek support. Obviously, due to the latest COVID lockdown, we will once again need to reschedule the lessons, which we will communicate when possible.



**MENTAL  
HEALTH  
FIRST AID**  
Australia



## Safeguarding and On-Line Healthy Habits

During Lockdown we shall encourage our students to take care of their on-line safety and health, and to engage in cyber intelligence. Below is the next two weeks activities to achieve this goal. These are excellent resources for parents and students to watch and discuss together.

Managing Time On-Line: [PARENTS](#) [STUDENTS](#)  
Start With Safety On-Line: [YEAR 7](#) [YEAR 8-10](#)  
[Apps and Social Media Safety Guides](#)

## Success as a Result of Action

Within my newsletters I regularly include students who have been proactive in achieving their career pathways. These young adults deserve the praise and recognition for these wonderful achievements. Congratulations to the following students:



Matthew Treadwell  
Apprenticeship  
WMD Electrical



Trent Baldwin  
Apprenticeship  
Maximus Plumbing



Marley Goodall  
Traineeship  
Virtual Homes

# STUDENT WELLBEING & OPERATIONS

## Stormbirds and Seasons for Growth

Due to the latest pandemic, floods and general social anxieties; as well as the need for support for students suffering grief for family and friends; the Wellbeing team has identified these areas as a 'need'. Therefore, just as the quote has referenced, we will try to do something about it.

It is with great delight that I can inform you that our wonderful counselling team have successfully completed their training for Stormbirds and Seasons for Growth.

The Stormbird program will begin on-site with the aim to assist groups of students to:

- Manage the personal impact of the changes they have experienced
- Understand that their reactions are normal
- To "take charge" of their attitudes, feelings and behaviours
- Develop skills for coping, problem solving and decision making
- Build their support network with families, friends, teachers and others

Resilience building and strengthening supportive relationships are vital aspects of recovering from such large-scale change events such as COVID and natural disasters, and the challenges that have had to be faced in their wake.

The Seasons for Growth sessions will also commence shortly for students to come together and share their experiences of grief. Seasons for Growth is an innovative, evidence-based change, loss and grief education program that draws on the metaphor of the seasons to understand the experience of grief. It builds the knowledge and skills necessary to strengthen social and emotional wellbeing following significant loss by:

- Exploring the impact of change and loss
- Learning about effective ways to respond and adapt

Participants learn that they are not alone in their experience of change, loss and grief, and are able to build their communication, decision making and problem solving skills within the context of a safe and supportive peer group learning environment.

All Seasons for Growth programs are grounded in sound, person-centred educational principles.

As such, our programs have been shown to be a very effective education intervention. The programs do not provide counselling or psychotherapy.

## Camps / Year 12 Graduation and Celebrations

We are currently working in conjunction with COVID safe regulations to ensure that we can provide the best option for these areas. Thank-you all for your patience.

## The Need to Wear Masks

It is imperative that we all work together to address the need to keep each other safe. The state government has deemed it compulsory for all people over 12 years old to wear a mask outdoors and indoors. As we have seen across the country and globally, this Delta strain of COVID-19 does spread amongst school age students. Therefore we do see a need, and must do something about it – please encourage all students to wear a mask both outdoors and indoors. We do hope that our teachers can focus their energies on providing excellent education, as opposed to policing mask wearing. Thank-you for your support and co-operation.

Stay Safe & God Bless  
Mr Doug Doherty



# MUSIC NEWS



**SHANE LEBBE**

Dir of Music

Our music lessons are in full swing and our ensembles are busily preparing for the upcoming Latrobe Valley Eisteddfod, Annual Music Concert and opening of the Hermitage. For our 2021 Training Band, this will be their first opportunity to showcase the results of their hard work in lessons, band rehearsals and their daily practice. It has been wonderful to work with a group of committed and enthusiastic students who enjoy making music together. It makes my day to see our musicians walking home with an instrument case in hand to do their daily practise, before coming to our band rehearsal the next morning, eager to show the results.

We would also like to take the opportunity to congratulate Nathanael Duffy, who graduated from our College in 2020. Nathanael has recently been awarded the Premier's VCE Award in Music Performance. This award recognises students who have demonstrated outstanding achievement in the Victorian Certificate of Education (VCE), and last year Nathanael received a perfect study score in this subject area. Nathanael was an enthusiastic and respected leader of our ensemble program here at Lavalla, demonstrating a genuine passion for his craft and a desire to improve himself and support others in the community. This year Nathanael has been studying a Bachelor of Music at the Griffith University, Conservatorium of Music, with zeal and dedication. We wish him well in this studies and look forward to hearing him on the stage again.





# FORMATION MATTERS



**CHRIS ROGA**

Faith Formator



We live in a time of both crisis and opportunity. There are thousands of reasons to be anxious, but there is also much hope. We are rediscovering what is really important, of value. We are discovering our commonality, transcending our differences. In great stress, we are showing great compassion and unity. We are discovering nonduality, a way of being human; thinking, acting, reconciling, boundary-crossing, and bridge-building based on inner experience of God and God's Spirit moving in the world. We're adding contemplative consciousness to our rational mind. When we have both, we're able to see more broadly, deeply, wisely, and lovingly. We can collaborate creatively for the common good. At this time, I wish to focus your attention on five events and people that display this way of being.

## Victoria: Stage 4 and Stage 3 Lockdowns (August 2020)

We are all connected globally by this microscopic virus. It is extraordinary that this has wreaked so much suffering, death and disruption. The best scientific minds are racing to discover a vaccine. In the meantime, we have to change the way we live and the way of life has changed forever.

We all experience grief in some way. And we have also experienced humans at their best; putting the common good ahead of personal comfort; making innovative connections; building community on virtual platforms; celebrating life in the midst of gloom. The vaccine will come; this too shall pass.

## Hiroshima Day: 6 August 1945: 75 Years later.

9.00 am, 6 August, 1945. A clear blue sky sealed Hiroshima's fate and shaped the course of global history. They were ideal conditions to drop this bomb. The city was starting another day. A lone American bomber above did not raise any alarm. The bomb detonated at about 2000 feet above Ground Zero, for maximum impact. It was precise, scientific and deadly. There is no need to go into the horrific details.

The photograph on the left shows the devastation. The photograph in the centre shows Hiroshima sixty years later. Every year on Hiroshima Day children sail lighted peace boats down the river in a scene reminiscent of South Bank in Melbourne. The lesson of Hiroshima is peace, one of hope for the last 75 years. Hiroshima is one of the most peaceful cities in the world. While the consciousness of the horrors of the bomb remains, you can touch the peace.



# YEAR 12 RETREAT



**MONICA JUSTIN**

Retreat Coordinator

## A Life that Matters!

It's hard to believe in the midst of a further lockdown, that we can look back to the last week of Term 2 when all the Yr 12's were able to spend 3 days together at the Phillip Island Adventure Resort for their Retreat.

It was a relaxing, rejuvenating, and reflective few days, where 25 staff and 142 students came together to pray, play and talk about how to create and celebrate a Life that Matters! Thanks to all the Yr 12's for your positive attitudes and sense of fun. It was great to hear conversations about the influences in our lives and the goals for the future. Most of all, it was fantastic that the whole year level could get away together!

Thanks to all the staff who put in so much energy and time over the 3 days to ensure the students got the most out of their experience. The Yr 12 Retreat is an important part of each student's journey through the College and we are thankful to have been able to enjoy this year's Retreat.



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



# LANGUAGE IMMERSION



**RAFFAELLA CATALDO**

Language Learning Leader

## Year 12 Italian Language Immersion Activities

On Wednesday 4th August, the Year 12 Italian class participated in a three-hour language immersion session at the St. Paul's campus ETC. Our students engaged in a number of language activities using the new facilities of the room. They enjoyed the white-board desks to work in groups, the open space to move and play games and the theatre style seats to discuss together. They practised oral exam questions and repair strategies. During lunch, they had the chance to see their old campus and catch up with some of the St. Paul's teachers. Everybody enjoyed the day and thought it was a great way to continue to prepare for the oral exam, which is going to be on 11th October.

"In bocca al lupo, ragazzi!"



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



# SPORTS NEWS



**DWAYNE TIBBALLS**  
Sports Coordinator

## Cross Country

11 Lavalla Catholic College student athletes have progressed on to the SSV Cross Country State Championships and their recent performances at the Regional Championships at Lardner Park.

Levi Colantuono (1st – 15yo boys), Miles Verschuur (2nd 15yo boys), Faith Farmer (2nd 16yo girls) and Maddison Boyd (3rd- 14yo girls) were our best performers on the day by all finishing in the placings.

### 12-13 YO Girls

Sophie Fazioli	10 <sup>th</sup>	12.14
Lillian van der Velden	37 <sup>th</sup>	14.24

### 14 YO Girls

Maddison Boyd	3 <sup>rd</sup>	11.14
Lily Buckley	4 <sup>th</sup>	11.23
Ella Stoddart	10 <sup>th</sup>	12.14

### 15 YO Girls

Lucy Trill	4 <sup>th</sup>	11.54
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### 16 YO Girls

Faith Farmer	2 <sup>nd</sup>	10.57
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### 12-13 YO Boys

Charlie Wirken	8 <sup>th</sup>	10.24
Alex Korab	24 <sup>th</sup>	11.11

### 14 YO Boys

Mason Bishoff	33 <sup>rd</sup>	11.42
Angus Harle	41 <sup>st</sup>	12.22

### 15 YO Boys

Levi Colantuono	1 <sup>st</sup>	9.03
Miles Verschuur	2 <sup>nd</sup>	9.21
Troy Frost	16 <sup>th</sup>	10.19

### 17-20 YO Boys

Ryan Bosch	10 <sup>th</sup>	18.03
Matthew Treadwell	12 <sup>th</sup>	18.28



## Soccer

Our college Year 7 and Year 8 boys' soccer teams joined our Year 7 and Year girls teams in advancing through to the Divisional Championships.

The Year 7 boys only had the one game, which turned into a fully timed game against Maffra SC and the boys produced and easy win in the extended match, prevailing 19-0.

The Year 8 boys secured a Regional Championships berth by eclipsing all comers with wins against Sale C (6-0), Catholic College Sale (7-0) and Traralgon SC (4-1).



# HEALTH CORNER



**ASHLEIGH THAIN**

School Nurse



## Wellbeing (& being well) in COVID Times

Being a young person today is hard, but making it even harder (on all of us) is Lockdown. Research is already showing young people's physical, emotional and developmental health and wellbeing are being challenged during COVID times. We are experiencing large losses of important social experiences such as birthday and school celebrations due to lockdown restrictions. Sadly we can't control these restrictions, but we can take control of our emotional, physical and developmental health and wellbeing.

### Things we can control are;

- The foods we eat
- The amount of sleep we get
- The amount of exercise and time we spend outside
- The time we spend away from TV, Phones, and Screens
- Who we talk to about our feelings and experiences

If you are struggling with the restrictions, reach out and talk to someone you trust. Or speak to one of your teachers or school staff who can help direct you in the right direction for assistance and help.

Check out [moodgym](#) for activities and training on how to develop successful self-help techniques and skills for future lockdowns and restrictions. We can do this!

**A SMOOTH  
SEA NEVER  
MADE A  
SKILLED  
SAILOR.**

FRANKLIN D. ROOSEVELT