



From the Principal

John M Freeman

ISSUE FIFTEEN

2021

This is our last Newsletter for Term 3 and I hope you all have a chance to catch-up with family and friends over the break.

You would all no doubt be aware from the communications that were sent out on Wednesday, that I have accepted the offer to be appointed as Principal of Mary MacKillop Catholic Regional College in Leongatha for 2022.

This was not an easy decision as I have really enjoyed my time at Lavalla Catholic College. However, this is a great opportunity for my wife, Grace and I, as well as and our sons James and Anthony.

Therefore, I will be concluding my time as Principal of Lavalla Catholic College at the end of this school year.

As I wrote to the students, I know I have learnt much and grown as a person in my eight years here and that is very much because of the interactions, discussions and work I have had with all of you. I hope you know that I feel privileged to work with you and that I am proud to have been Principal of Lavalla Catholic College which has such wonderful students and families.

I look forward to seeing you next term and having the opportunity to thank people for their support in person.

Student Leadership 2022

After a rigorous selection process I am pleased to announce the following College Leaders:

College Captains



Thomas Gafa

Sophie Melbourne

Melody Paulet

James Townsend

House Captains

Mackillop: Georgia Daly & Mark Pistrin

Delany: Amy Hutchinson & Kylah Anderson

Nagle: Edie van der Velden & Grace Briggs

Champagnat: Mackinley Eenjes & Abbey Rhimes

Liturgy Leader- Lani Zimora

Environment Leader - Caitlyn Mayer

Mental Health Leader - Elijah Walsh

Cultural Leader - Miles Verschuur

Cross Age Tutor Leaders - Lucy Chilver & Neha Gils

Justice Leaders - Hollie Gibson & Gabrielle O'Dell

PRINCIPAL cont....

On behalf of all in the Lavalla Catholic College community we congratulate these fine young people on their selection as our College Captains and Leaders for the various portfolios listed.

Thank you to all involved in the process, in particular, Ms Megan Stewart-North, Mr Doug Doherty, Mrs Robyn Rebbechi, and the House Leaders – Pierina Fenech, Alex Rathbone, Shane Reid and Vashon Weaver. We also pass on our appreciation to the 2021 College captains- James Day, Darion Duncan, Nicole Formaran and Annalise Gafa for their assistance.

RUOK Day

Last Thursday was RUOK Day and it was a key part of the virtual assembly for the St Paul's campus. During the assembly the student leaders reminded us all of the importance of reaching out to each other to check on how we are going. They also made it clear that asking the question "Are you OK?" is something we can and should do every day.

Student News

Congratulations to Anamika Tuteja (Year 10) and Miles Verschuur (Year 10) who have been accepted into the Mathematical Association of Victoria Year 10 Maths Camp for Students with High Mathematics Potential. To be eligible for the camp, students need to be working at an above year 10 level. This is a great opportunity for Miles and Anamika and they will meet with experts in Maths from commerce, industry, science and IT areas. This year the camp is virtual and will be run in the September holidays. Thank you to Ms Deb Murrell and Ms Caitlyn Dinsdale for their work in assisting these students to receive this opportunity.

Three Violets Awards

It was with great pleasure that on Tuesday 7th September, Heads of House were able to present the Three Violets Awards.

The three violets award is given to students who are recognised for living the Marist virtues of Simplicity, Modesty and Humility. They do good work quietly. They don't boast or draw attention to themselves. Like the beautiful Violets that grow around Champagnat country in France, these students are noticed for their gentle and respectful behaviours. They are wonderful role models and they personify the little virtues, which our founder Marcellin Champagnat calls us to live out.

Congratulations to the following students :

Simplicity:

Hollie Nicholls Yr 7	Edie Van Der Velden Yr 11
Zavier Kingsley Yr 8	Sophie Melbourne Yr 11
Sally Lloyd-Webb Yr 9	Micah Harris Yr 12
Danae Sawers Yr 10	Tahlee Sawers Yr 12
Kiara Drzewinski -Pereira Yr10	
Ryan McLeod Yr 11	

Modesty:

Ashlee Bosch Yr 7
Ashley Zandona Yr 8
Savannah Theissling Yr 9
Eliza Dunbar Yr 10
Khianna Bullen Yr 11
Sam King Yr 11

Humility:

Elijah Walsh Yr 11	Lachlan Finn Yr 7
Amelia Cassar Yr 12	Niah Gils Yr 8
Brittney Paulet Yr 12	Joshua Dibble Yr 9
Tarra-Grace Nixon Yr 12	Zack Henke Yr 11
	Melody Paulet Yr 11
	Tahlia Webb Year 12

A special mention to Cholil Nyachiol who was nominated again in this round. Cholil received a Three Violets Award earlier in the year. Cholil continues living out the Marist virtues every day. He continues to be a great role model for everyone.

Thank you to the Staff for all the nominations. It was heart-warming to receive so many. Clearly we have a lot of Violets amongst us. Thankyou also to the Wellbeing Leaders and House Leaders for all their work in organising and selecting students.

Congratulations again to all the recipients.

STUDENT WELLBEING & OPERATIONS



DOUG DOHERTY

Deputy Principal
Student Wellbeing &
Operations

As we end term three and see the horizon of the end of 2022, this quote from Zig Ziglar reminds us that we do not have to wait until next academic year to strive to achieve excellence in all that we do and say.

"WE CANNOT START OVER,
BUT WE CAN BEGIN NOW,
AND MAKE
A NEW ENDING."

- zig ziglar

We can finish the year at least trying to achieve what we originally set out to do.

We can finish the year making our families, our communities and ourselves proud of what we achieve and how we are developing as people striving to live as God desires.

Year 12 LEAVERS:

Next term will be have a key operational focus on ensuring a successful farewell to our Graduating Class of 2021. There was been much consultation with the Year 12 students and work amongst key staff and student leaders to formulate a plan for Celebration Week and the Graduation. An email has been sent to all Year 12 students and families outlining our hopefully, yet realistic plan to allow these wonderful young people the chance to celebrate the completion of their 13 years of education.

I would like to take this opportunity to wish them all the very best in 'the final big push' as I described to the senior campus in our last assembly.

Return to On-Site Learning:

Whilst we are yet to be informed as to when this will happen, I will outline some of the key points that will be required for the return to On-Site learning when it happens.

- The expectations for excellence in behaviour and work ethic continues to be extremely important.
- Respected is Expected – respect for your peers, staff and environment is expected at all times.
- Summer Uniform – Term 4 students should wear their summer uniform There is a period until 18th October when students can still wear their winter uniform if the weather is too cold. From the 18th October, summer uniform is compulsory.

Child Protection WEEK and R U OK? Day:

Last week the school community engaged in a number of wonderful activities to raise awareness for Child Protection Week and R U OK? Day. I would like to take this opportunity to thank Mrs Megan Stewart North, the Wellbeing Team and their teams of LA/Homeroom teachers; as well as the amazing student leadership team for the organisation and delivery of these extremely valuable events.



1. Ask



2. Listen



3. Encourage
action



4. Check in

R U OK

STUDENT WELLBEING & OPERATIONS

Student Leadership:

It is with great excitement that we have now completed the process to appoint our Whole College Senior Student Leadership Team, including our College Captains. They will be listed in this newsletter, so I will simply congratulate all the candidates who applied. This process truly shows the calibre of our amazing students and their desire to ensure that we as a College continue to seek to improve our faith based culture of affirmation and excellence. I would also like to thank Mrs Stewart North for leading the process as well as Mrs Robyn Rebbechi, the staff mentors to the student leaders and the Heads of House for conducting the interviews. It was a time consuming process, but worthwhile to ensure that we have the best student leaders for 2022.

Holidays:

I would like to take this opportunity to wish all our families a happy, healthy and restful holidays. I do hope that we have relief from this pandemic and we can spend time with loved ones. I look forward to hopefully meeting the large number of new families joining us for term 4. Congratulations to all the parents/guardians, teachers and the students for their engagement throughout remote learning. If remote learning continues next term, we will continue our wellbeing checks – daily student check, weekly LA/Homeroom Teacher email check and weekly parent/guardian wellbeing phone call check.

Conclusion:

I would like to conclude with the reflection from Pope Francis in light of the impact of COVID-19 restrictions on all of us. A Gentle Reminder From Pope Francis- This life will go by fast.

Don't fight with people, don't criticize your body so much, don't complain so much.

Don't lose sleep over your bills. Look for the person that makes you happy.

If you make a mistake, let it go and keep seeking your happiness.

Never stop being a good parent. Don't worry so much about buying luxuries and comforts for your home, and don't kill yourself trying to leave an inheritance for your family. Those benefits should be earned by each person, so don't dedicate yourself to accumulating money.

Enjoy, travel, enjoy your journeys, see new places, give yourself the pleasures you deserve. (This is hopeful)

Don't put away the fine glassware. Utilize the new dinnerware;

don't save your favourite perfume, use it to go out with yourself; wear out your favourite sport shoes; repeat your favourite clothes.

So what? That's not bad. Why not now?

Why not pray now instead of waiting until before you sleep? Why not call now? Why not forgive now?

We wait so long for Christmas; for Friday; for Reunions; for another year; for when I have money; for love to come; when everything is perfect...look...

Everything perfect doesn't exist. Human beings can't accomplish this because it simply was not intended to be completed here. Here is an opportunity to learn.



So take this challenge that is life and do it now...

...love more, forgive more, embrace more, love more intensely and leave the rest in God's hands. Amen.

CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission

Celebrating a Season of Creation



The month of September has been declared the 'Season of Creation' by Pope Francis; a month dedicated to praying, reflecting and changing our actions to better care for creation as gifted to us by God. The first day of September was proclaimed as a day of prayer for creation for the Eastern Orthodox Church by Ecumenical Patriarch Dimitrios I in 1989. It was embraced by other major Christian European churches in 2001, and by Pope Francis for the Roman Catholic Church in 2015.

In recent years, many Christian churches have begun celebrating the "Season of Creation" (also known as Creation Time) between September 1 and October 4, the Feast of St. Francis that is observed by some Western traditions. St. Francis is the author of the Canticum of the Creatures, and the Catholic saint of those who promote ecology.

A recent article by Franciscan Fr. Daniel P. Horan speaks of our need to consider ourselves as part of creation, and therefore to recognise that our responsibility to care for creation is really an extension of our responsibility to care for each other. Fr Daniel writes:

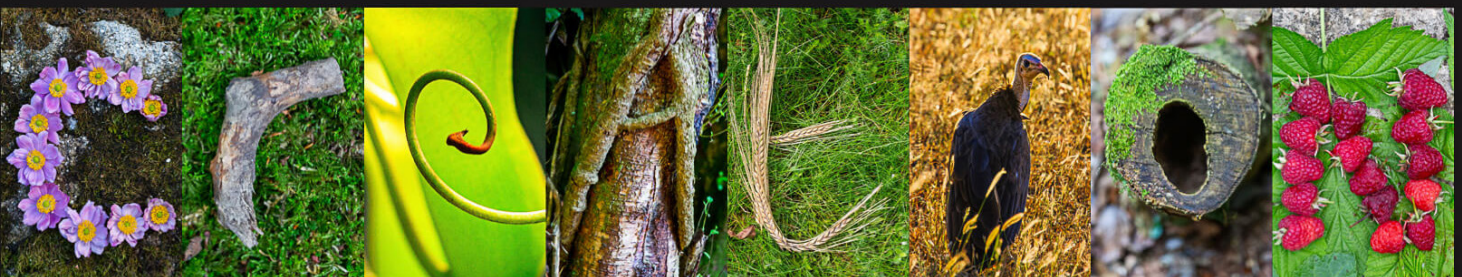
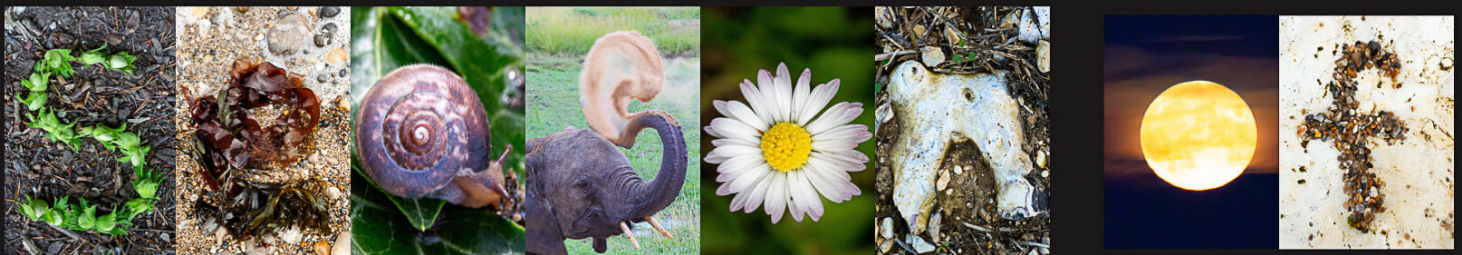
The indisputable fact is that you and I are creation too. When we talk about "care for creation," we ought to think about responding to both human and nonhuman creation (that is, hearing the "cry of the earth and cry of the poor" that Pope Francis discusses in [*"Laudato Si', on Care for Our Common Home"*](#)). Additionally, we should recall that not only are we interrelated as members of God's family of creation, but also we are also inextricably interdependent. We rely on the rest of creation to care for and sustain us in ways that we simply cannot do on our own.

If we learn to rethink what it is we mean by creation to include ourselves as part of it, one consequence will be to recognize, as St. Francis did centuries ago, that we are truly siblings with all other creatures... Just as we are called to love and care for one another in our family units, so too we might begin to recognize God's call to care for one another in the family of creation.

Link to full article [HERE](#)

Perhaps as we begin our long awaited school holiday period, where for two weeks we don't have to worry about remembering to join an online Teams class, or finishing homework tasks, or keeping up with emails, we can instead take some time to experience the beauty of the world around us, and reflect upon how well we love and care for the creation which nurtures us.

You are invited to learn more about the Season of Creation by following this [LINK](#)



LEARNING & TEACHING



BRETT VANBERKEL

Deputy Principal
Learning & Teaching

Remote Learning

While our school year continues to be disrupted by COVID based restrictions and the movement in and out of remote learning, I am proud of how our school community has adapted and maintained resilience and a focus on student learning and wellbeing. Thank you to all staff, students, and parents and guardians for the phenomenal work to keep student learning progressing and the support shown to each other across this time.

NAPLAN results

As you may have seen in the media, NAPLAN results have been shared with schools and will very soon be shared with students. I want to take the opportunity to congratulate our students on their results and thanking parents for their support. I am very proud of our staff's work every day at the College, and I would like to extend my congratulations and gratitude for their efforts.

Consideration of Educational Disadvantage

The Department of Education and Training (DET) made a significant announcement regarding assessing student learning in relation to calculating the Australian Tertiary Admissions Ranking (ATAR). The announcement indicates that, like in 2020, VCAA will reintroduce the Consideration of Educational Disadvantage for VCE or scored VCE VET Unit 3-4.

This recognises the disruptions to learning caused by COVID-19 and the differing levels of impact at the school and individual student level. This process requires schools to provide the VCAA with information on all students and school circumstances to help calculate their study scores. To ensure the fairness of final results, the VCAA will consider all available information, including the GAT and appropriate performance comparisons across all assessments and schools. Based on this analysis, the disadvantage will be factored into students' final scores, contributing to the study score calculation and ATAR.

Trial Exams

It is very disappointing that we cannot run the Unit 3&4 Trial exams as planned during the second week of the holidays. However, we have printed every Trial Exam paper and, for most subjects, these are being given to students to bring home and complete during the holidays. Some subjects have planned to commit class time to complete Trial exams in Term 4. Students need to return their papers to the teacher on the first day back in Term 4 unless other arrangements have been made. Any queries, please email the subject teacher.

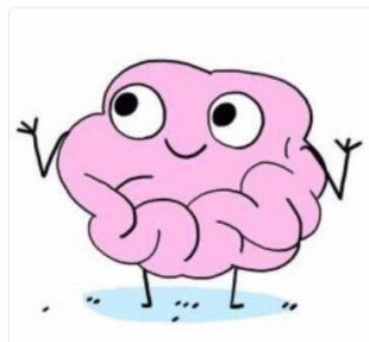
taking exam

Me: Hey Brain! Remember studying this stuff??

Brain: Yeah we totally studied that!

Me: Awesome! So what's the answer?

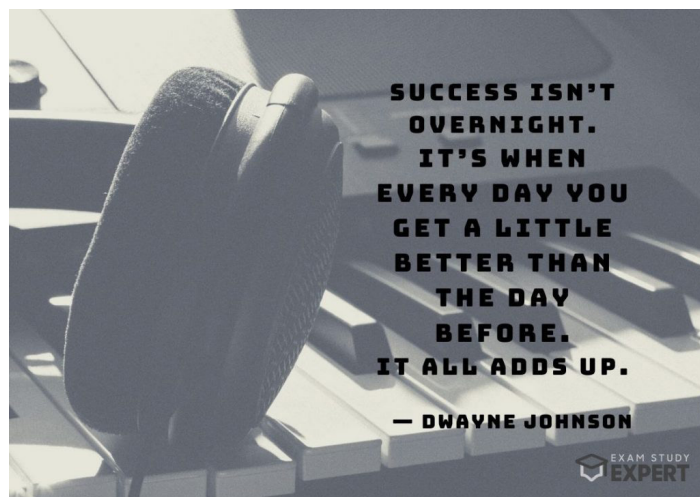
Brain:



EXAM STUDY

Parents, families, and students can do some specific things to maximise achievement during this time.

1. Make sure the student has a space that is in some way similar to an exam situation – perhaps sitting at a desk or a table with good lighting and appropriate heating/cooling – not sitting or lying on the bed.
2. Ensure the student is as prepared and planned as possible. This includes sleep, regular meal times, hydration, exercise, staying connected, being part of family events, having a planned study schedule.
3. Once the student has begun studying or completing a Trial Exam, allow them to have quiet time to focus and do their best. No interruptions. No distractions. No phones.
4. Encourage the student to stay out of their room while they are completing exams.
5. Keep a light, airy zone as the exam space, not the couch or the bed.
6. Students should give themselves time between Trial exams. Don't try and do them all in one day. Space them out across the two weeks.
7. Students should treat every Trial exam as a proper exam. Make sure there is enough time to complete the paper. Time yourself precisely as the real exam will be. Use the reading time properly and write the answers in the sort of detail that the instructions require.
8. Have a checklist of the Trial Exams you are planning to complete. Cross them off once they're done. What a great feeling that will be.



We thank parents and families in advance for the vast support you will be to your Unit 3&4 student during this holiday period. We understand that many students are working hard to keep their mental health strong and positive amid a lot of anxiety and worry. We are confident that each student will ensure that their effort is the best they can do. We ask that every student strive to be the very best person they can be.

HEALTH CORNER



ASHLEIGH THAIN

School Nurse

#HeathlyAtHome

Adapting to working at home has been significantly difficult for all of us. Recently we acknowledged the importance of reaching out to friends and family by asking "Are you ok?" as part of the national RUOK day. But, have we taken the time to think about what that actually means in today's Covid times? There are lots of things that we can do to look after ourselves and to help others who may need some extra support and care.

Here are tips and advice that I hope you will find useful to maintain wellness while living and working at home;

- Get up and go to bed at similar times every day
- Keep up with personal hygiene
- Eat healthy meals at regular times and try to exercise regularly
- Allocate time for working and time for resting
- Make your workspace, rest space and recreation space separate
- Limit your newsfeed, but of course keep up to date with current changes
- Reach out to others if you need help

Remember you have done an amazing job and tried so hard this term. Stay positive and challenge yourself every day. Your happy thoughts will become your reality.

WELCOME BACK YEAR 12^S



SHANE REID

Head of House
Mackillop

There is a wonderful scene in the film 'Back to the Future' where an incredulous Dr Emmett Brown learns from Marty McFly that the future president of the United States of America is none other than one of the B grade movie stars of his own era, Ronald Reagan.

I wonder, if time travel were possible, what our class of 2021 would have thought, way back at the beginning of their high schooling, if they had received a similar message from the future. A message from an intrepid time traveller from 2021, with knowledge about what the world would look like for them as their secondary schooling drew to a close.

What would they have made, way back in 2016 as year seven students, about the knowledge that their future classes would be conducted via video calls during not one, not two but seven different periods of remote learning across their VCE. That they would become expert hands at social distancing, hand sanitising and completing SACs in their tracksuit pants and slippers. It is easy to imagine them, like Doc Brown, shrieking "Great Scott" and muttering dubiously about gigawatts.

Every other year level remains offsite at the moment but it was wonderful to welcome back our year twelve students last Friday. For a group who have been ricocheting between onsite and remote learning for the past two years; who have seen their GAT exam already rescheduled twice and who have proven themselves to be a remarkably resilient and flexible bunch, it seems the least we could do as a school to offer them a week of free hot chocolates from the canteen!! Throughout challenging times, they've more than ably



embodied the College motto of strong minds, compassionate hearts and the oft repeated slogans of their deputy principals to "work smarter" with "habits of excellence".

It was great to see you all and be back in the classrooms with you for only a week. Fingers crossed it won't be too long before the other year levels join you back onsite next term.



SHARED STORIES

For the past fifteen years, many students have had their work published the Shared Stories Anthology. It is a platform that recognises and rewards some of the best written and visual pieces from students from Catholic schools, both primary and secondary across the state. As our year draws to a close, we are hoping to share some of the wonderful work of our own students who will be featuring in the 2020 anthology. This piece, by Catelin Wachal, one of our year twelve students, is a reflective piece responding to the prompt 'Chasing Happiness'. Congratulations to Catelin for a gently profound and stunningly written piece of work.

A life Never Lived

by Catelin Wachal Yr 12

Life creeps up on me. The years have become shorter. I wonder, "Where'd the time go?" Mirrors reflect the years that have disappeared, and the years to come.

It feels like yesterday, when I was twelve, trying on my new uniform. A different me, standing in front of a mirror, pressing down the shoulder pads of my new blazer; hating the way the sleeves hung far past my wrists. I could already feel the moment where I would look around and see everyone else's blazer fitting perfectly. It was the opposite; I saw others around me with rolled cuffs who had also spent that morning standing in front of the mirror hating their blazers. Like so many things, the dilemma of the ill-fitting clothes solved itself over time; yet in an ironic way, now in my last year of school, six years later, I've managed to find myself with sleeves that are far too long once again. This time the jacket proudly declares, "Class of '21". I'll only wear this for a year, there's no chance to really grow into it. It's a symbol of this new journey I'm on. Once my life was like water following a channel, now it seems I am in the open sea. I hope that one day, I'll look down and see my sleeves sitting nicely at my wrist, ungathered. For now, I will push my sleeves up, roll up the cuffs, and make it work. I am still that twelve-year-old girl, and I will always be, staring in the mirror.

We're too familiar with our lives to acknowledge the happiness that they bring. Especially little things, that aren't so little anymore. Things that become bigger with every year that passes and left big impressions once they're gone. Like the old peppercorn tree out the front of my old home. I remember the shape of the branches, my hands sticky from the sap, the strong smell of fresh pepper, and the bark grabbing at my clothes. I would watch my older sister's back as she climbed, further into the branches. Too high for me to reach. All that time spent in the safety of our front yard, being able to look out across the tea tree shrubs and into the paddocks beyond. I remember the magical times that I was able to smell the ocean from our yard when the wind would drift across just right. This has been replaced now by the different smells of my new home. Peppercorn and ocean has become pine and crackling winter fires.

We're always looking towards the next big thing. Once, this 'big thing' was joining my older siblings at primary school. Now, I'm suddenly aware that I might always ache to live the life I remember, or the life I dream of, but never the one I'm living. A glamorised version of a life never lived. There will be a time when everyone realises that they've grown up, that they can no longer climb that tree from their old childhood home. That they haven't smelt that familiar smell that they were once so accustomed to in many years.

When someone asks the constant question, "what do you want to be after school?" I answer practically, with some career option I've convinced myself I want to do, but I always have the urge to say something unexpected, something outside of the script, "I want to be happy". I know these people are just curious. It's a big moment in a teenager's life, and no doubt they had to make a similar decision at one point. In all honesty, it's because I am unsure that what I pick will be the right thing that I want to say the only think I am sure of. But the people who tend to ask me this question, are already comfortably settled into their jobs, into their lives. I look at them and see them as successful, and happy. I wonder what tree they are missing, what memory from long ago they still dream of and I am hopeful for that girl, staring into the mirror.