



From the Principal

John M Freeman

Issue Sixteen

2021

Welcome back to Term 4

Whilst we are yet to be back on site all at the same time, as of yesterday, all students have had the opportunity to be at school for face-to-face classes.

As you know, the term started with Latrobe City in lockdown. However, we were able to conduct the General Achievement Test (GAT) on Tuesday, 5 October 2021. The GAT was conducted in a COVID-19 safe manner, and I want to thank the team who spent many hours preparing. Many people were involved, but the key staff was Jeananne Brown, who led the team, and Sue Rankin and Sarah Brown.

Year 11 and 12 students returned to the Kildare campus on Wednesday, 6 October, and it was great to see them back at school. Remote learning continued for Years 7 to 10.

Year 7s returned on Monday, 11 October, and have been on site all week at St Paul's campus. Years 8 and 9 were on site for Tuesday and Wednesday. Therefore St Paul's campus had a full complement of students for those two days.

Year 10s returned yesterday to join the Year 11 and 12 students on site.

This staggered process will continue next week.

Class of 2021

Our Year 12s will conclude their formal classes next week. We have planned to do as much as possible to thank and celebrate these fine young people. The current restrictions due to COVID-19 have meant that we have had to do things differently. However, Doug Doherty and Robyn Rebbechi, and many other staff members, including the House Leaders, have worked diligently to create experiences that will give appropriate recognition to the Class of 2021.

An outline of what is happening can be found in this Newsletter in the Deputy Principal Student Wellbeing and Operations section.

Please note that one change from previous years will be that Year 10 and 11 students will have on-site classes on Friday, 22 October.



PRINCIPAL cont....

COVID-19 Safety

Thank you to everyone for their efforts so far to be COVID-19 safe. However, it is important that we maintain this attention to looking after ourselves and others, particularly while there are several active cases in the community, and that we all:

- Wear a face mask at all times, including arrival and exit, in line with current guidance for Victorian schools, unless you have an exemption due to a disability or medical condition.
- Perform regular hand hygiene, including on entry to, and exit from, the venue, and
- Maintain physical distancing, keeping at least 1.5m away from others at all times where possible.

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:

Cathy Mesaric (nee Stoddart) who is the sister-in-law of Raffaella Cataldo

*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.*



STUDENT WELLBEING & OPERATIONS



DOUG DOHERTY

Deputy Principal
Student Wellbeing &
Operations

Term four so far this year has been one of turmoil leading to mixed emotions. This is a reason I have chosen St. Teresa of Avila as my introduction for this article.

On the Feast Day of St. Teresa of Avila, I spoke to our senior students at our on-line assembly and shared this reflection of how we can learn from this amazing saint and Doctor of the Church.

Saint Teresa of Avila's Story

Teresa lived in an age of exploration as well as political, social, and religious upheaval. It was the 16th century, a time of turmoil and reform, just like we are living in today. As a woman, Teresa stood on her own two feet, even in the man's world of her time. She was "her own woman".

Teresa was a woman "for God," a woman of prayer, discipline, and compassion. Her heart belonged to God.

Teresa was a woman "for others." Though a contemplative, she spent much of her time and energy seeking to reform herself and others. She founded over a half-dozen new monasteries. She travelled, wrote, fought—always to renew, to reform. In her self, in her prayer, in her life, in her efforts to reform, in all the people she touched, she was a woman for others, a woman who inspired and gave life.



Reflection

Ours is a time of turmoil – COVID, VCE, VCAL & VET, it's also a time of reform across the world, and a time of liberation for people's rights and dignity. People today have in Teresa a challenging example. Promoters of renewal, promoters of prayer, all have in Teresa a woman to reckon with, one whom they can admire and imitate.

God desires peace in your life and one of the most effective ways of finding that peace is through prayer. God wants to help you, but our hearts must be open to that divine assistance.

St. Teresa of Avila wrote a beautiful poem during her lifetime that has been used as a prayer throughout the centuries. It is simple in its format, which is why many turn to it in times of distress. If you are feeling afraid or anxious right now, consider praying this prayer, opening your heart to God and adding your own words, invoking God's help in your hour of need.

Let nothing disturb you, Let nothing frighten you, All things are passing away: God never changes. Patience obtains all things Whoever has God lacks nothing; God alone suffices.

STUDENT WELLBEING & OPERATIONS

Students Return to On-Site

It is fantastic to see our students return to their classrooms and the energetic buzz of engagement and social growth filling our classrooms, corridors and outside spaces.

We now ask that all students help us ensure that our school is a place where everyone can be safe, happy and successful. Therefore, the Leadership Team have spoken to all classes individually to remind them of the expectations to ensure that this can be a reality. Some of these expectations include the correct wearing of masks and other Covid safe practices, expectations of excellence in behaviour, attitude and work; as well as the need to seek support if a student requires it.

Year 12 Farewell Activities

It is with great excitement that we can now have a number of key farewell activities for our Graduating Class of 2021, ensuring that they are COVID-Safe. Next Thursday 21st and Friday 22nd October, will hopefully see the Year 12 students take part in a range of activities from a whole school on-line liturgy/assembly, where all will be named and known; to the normal activities that would happen within our Celebration Day, whilst upholding COVID safeguarding restrictions.

It is important to reiterate to Year 12 students that Fancy Dress worn on Friday 22nd October must be appropriate ensuring that it will not offend or insult any individual or group of people. Any student who wears fancy dress that is inappropriate, will not be permitted into the school grounds. Also FaceMasks must be worn in compliance with COVID safe regulations.


I would like to take this opportunity to thank the students and staff involved in making this happen under such difficult circumstances. I look forward to sharing some of the stories and pictures in our next newsletter.

In relation to this, next Friday 22nd October will not be a student free day at the Kildare Campus.

Mental Health First Aid

It is with great excitement that we can now announce that all Year 8, 11 and 12 students have completed their Mental Health First Aid Training and are now certified. This is part of our approach at Lavalla Catholic College to enable our students to be confident to help make a difference in their own lives and the lives of others, just like St. Teresa of Avila.

Thanks and God Bless.



Start where you are. Use
what you have. Do what
you can.

ARTHUR ASHE

CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission



Catholic Identity and Mission: Rebuilding the Church

A Plenary Council is the highest formal gathering of all local churches in a country and last week, the fifth Plenary Council of Australia was held in a virtual format. The last Plenary Council in Australia took place in 1937, and this current plenary brought together 280 delegates from all states of Australia, to reflect upon the future of the Australian Catholic Church.

You may recall that the process towards this Plenary Council began in Parishes in 2018, with opportunities for dialogue held in 2019. The listening and dialogue sessions were opportunities for people to gather together and share their ideas about three key questions:

What do you think God is asking of us in Australia?

What questions do you have about the future of the Church that you would like the Council to consider?

What are your stories of your experience of faith, or of the Church in Australia, that you would like to share?

The opening session of the Plenary council was held on Monday 4th October, and prior to the first session, Mass was celebrated by Bishop Shayne McKinlay of the Diocese of Sandhurst. Bishop Shayne reflected on the life of St Francis of Assisi, whose feast day was Monday, and his mission to 'rebuild the church'.

At the age of 23, [St Francis of Assisi] was a restless young man who found himself one day in the small and neglected church of San Damiano, where he heard Jesus on the cross tell him to "go and rebuild my church which, as you see, is falling down." Initially, he thought this was a mission to arrange repairs for San Damiano or other run-down churches near Assisi. Over time, he realised that he was being called to a much greater mission of rebuilding the Church of Christ, which was in danger of falling apart. He committed himself to following Jesus in simplicity and poverty, proclaiming God's love for everyone and for every part of creation. ...

During this Plenary Council, we too are seeking to rebuild Christ's Church, responding in a very concrete way to Pope Francis' repeated call for us to become a more synodal church: a Church committed to journeying together in reciprocal listening to one another, listening to the cry of the earth and the cry of the poor, and most importantly listening to the Holy Spirit; a Church which gives witness to the Christian vision of community, participation, solidarity and joint responsibility. Our Council agenda makes clear that this rebuilding is our central focus: "As children of God, disciples of Jesus Christ, and guided by the Holy Spirit, the Members of the Fifth Plenary Council of Australia are called to develop concrete proposals to create a more missionary, Christ-centred Church in Australia at this time."

Even though the first assembly of the Plenary Council has finished, you are still able to review the proceedings of the council, by viewing the Plenary Council website. Parts of the first general assembly were livestreamed and can be viewed at the Plenary Council website.

www.plenarycouncil.catholic.org.au

You may also like to view and pray the Opening Prayer of the Plenary Council, which is available [HERE](#) :

LEARNING & TEACHING



BRETT VANBERKEL

Deputy Principal
Learning & Teaching

Welcome back to Term 4. It will be a short term for students, with 9 weeks, and even less for our Year 12 students, as they engage in the last few weeks of revision classes, exams then graduation to conclude their time at Lavalla Catholic College.

I am very grateful for how students, families and staff have engaged with the ever-changing Covid restrictions and the responses we must all take. It is not easy to navigate the changes. However, we as a community have done a fantastic job in such times. A quote from Nelson Mandela reminds us that we need to 'tread softly, breathe peacefully, laugh hysterically in trying times.

VCE Exams and Revision sessions

- All Unit 3 & 4 teachers will be available during scheduled class times for students to seek support on-site. This support will continue up to and including the day of the subject exam.
- We highly encourage students to attend school to access their subject teachers as they are one of the best resources available during the revision time.
- Revision sessions will start on Tuesday 26 October
- English and English Language workshops will be running on Monday 25th October. All students are highly recommended to attend.
- When attending revision sessions, students are permitted to wear casual clothes.

Exams

When attending exams, students must wear full summer uniform. The Year 12 jackets can be worn in the exams.

- The first exam is the English exam starting at 9.00am Wednesday 27th November.
- Please follow this link to the VCAA exam schedule - [HERE](#)

Keeping motivated for study

1. [RETHINK/REITERATE YOUR GOALS AND FIND YOUR PURPOSE.](#)
2. [TAKE A BREAK, REJUVENATE](#)
3. [FIND NEW WAYS AND TACTICS TO STUDY – USE A DIFFERENT APPROACH!](#)
4. [CHANGE UP YOUR ROUTINE – ESPECIALLY IF IT'S NOT WORKING.](#)
5. [HAVE A CHAT AND FIND SUPPORT FROM THE PEOPLE AROUND YOU.](#)
6. [FIND OUT WHAT IS KEEPING YOU UNMOTIVATED AND TRY SOLVE THAT ISSUE.](#)
7. [EXERCISE AND EAT HEALTHY. DO NOT FORGET TO DO THIS WHEN YOU'RE UNMOTIVATED.](#)
8. [REWARD YOURSELF.](#)
9. [CREATE AN INSPIRATIONAL SPACE AROUND YOU.](#)

FIND THE FULL ARTICLE [HERE](#)

MATHS CAMP



MYLES VERSCHUUR

Year 10

Mathematics Association of Victoria (MAV) Camp for High-Achieving Regional and Rural Year 10 Students

During the second week of the recent school holidays, I, along with fellow Year 10 student Anamika Tuteja participated in the MAV Camp for 24 High-Achieving Regional and Rural Year 10 students. This year, the camp was held for five days over Zoom, due to the ongoing COVID-19 restrictions. Selected through an application process, the camp's fellow participants included students from as far as Underbool, Cobram, Casterton, and Myrtleford, and as close as Inverloch.

As part of the application process, an applicant was required to preference four areas of mathematics: economics/commerce, engineering, coding/ICT, and scientific research. The 24 students were split into four teams, with two engineering teams, and one team of each of the other industry areas. After an introduction on Monday, we were split into our industry-based teams, and given an industry-related, challenging mathematical investigation to complete and present by the end of the week. For these investigations, we were provided with guidance from industry experts. In economics/commerce, two economists from the Reserve Bank of Australia (RBA) mentored the economics team. In engineering, it was engineers and product designers from Ford Australia. For coding, technicians from Texas Instruments, who make the calculators used in Lavalla classrooms, guided the students, and for scientific research, the Victorian Space Science Education Centre helped with the project.

Each of these industry professionals gave presentations about their roles and how they use mathematics in their day to day lives. These were fascinating and demonstrated a plethora of real-world applications of mathematics. The presentation from Texas Instruments also included Harshal Chhaya, a robotics expert at TI in Dallas, Texas, who highlighted the amazing possibilities of a CAS Calculator, designing some cool, graphical art.

We students also heard from a number of university professors in mathematics, such as Professor Asha Rao and Dr Norman Do, from RMIT and Monash Universities, respectively, who both were smiling ear-to-ear talking about the enjoyment of mathematics and specifically creating 'new maths'. Dr Do also showed us some mind-boggling magical puzzles. We also had a presentation from Dr Christopher Lenard, from Latrobe University, who taught us about graph theory, how COVID-19 cases can be tracked using mathematics and the beauty of what we have no idea about in mathematics. A panel of STEM students, including recent Year 12 graduates, past maths-camp students, and recent STEM university graduates spoke about their experiences with mathematics and how it has served them in their current lives.

Finally, after completing our own investigations, each industry team gave a presentation to all the students, the experts, teachers, and people from MAV. Our real-world team investigations made mathematically based recommendations about interest rates, and the role of the RBA in monetary policy, safety features of new Ford vehicles, exponential growth of a well-known virus and the coding team looked at how to create safety features against heat and burns.



MUSIC



SHANE LEBBE

Director of Music

Latrobe Valley Eisteddfod

This year the Latrobe Valley Eisteddfod has moved to a virtual format for its music entrants and this has been an effective way to keep musicians in our local community engaged in music making during time of restriction. We would like to congratulate Lana Barnes on receiving First Place in the 17 year & under 21 Vocal Solo section with an outstanding performance of Pulled from the Addams Family Musical, and Isobel Georgeson for her excellent outcomes in the in Solo Trombone Sections.

Music LESSONS

Our individual and year 7 group lessons will continue to take place remotely throughout students' staggered return to school over the next two weeks. For students who are at school during their scheduled lesson time, we would ask that they attend the tutorial rooms in the Lecture Theatre at St Paul's or Music Centre at Kildare with their instrument and laptop so that they can participate in their lessons with their tutors remotely.

From Tuesday the 26th of October lessons will be returning to a face-to-face format with the resumption of onsite learning on both campuses for all students. Please note that we will be complying with all current COVID safe practices including social distancing, appropriate room ventilation and proper sanitisation of resources.

ENSEMBLE Rehearsals

Due to the gradual easing of restrictions and the staggered return of students over the next two weeks, we are not able to hold our morning ensemble rehearsals, with the exception of the Senior Jazz Combo due to its size and nature. From Tuesday the 26th of October, all of our early morning ensemble rehearsals will be resuming in what will be the 2022 ensemble structures. Students will be receiving further information in the coming days regarding changes to their ensembles and invitations to the Jazz Ensembles.

Please find below our rehearsal timetable from Tuesday the 26th of October.

	Monday	Tuesday	Wednesday	Thursday	Friday
St Paul's Campus	Junior Jazz Ensemble		Junior Choir	Intermediate Band	
Kildare Campus	Senior Choir	Senior Concert Band		Senior Jazz Ensemble	Senior Concert Band

Music Support Group Sausage Sizzle

Our Music Support Group has been busy planning our next fundraising event and would like to invite our Lavalla community to support our Department by joining them for a sausage at our upcoming Traralgon Bunnings Sausage Sizzle on Saturday the 23rd of October. For our music families, if you would like to get involved and help out on the day please get in touch with us at music@lavalla.vic.edu.au – we would appreciate any and all support.

We'd also like to thank all of the year 12 students who have been genuine leaders in our program and continued to serve and support the cultural and liturgical life of our Lavalla community despite the challenging times. We wish them well for their upcoming examinations.

LATROBE VALLEY EISTEDDFOD



KATIE LEE

Productions Manager &
Cultural Coordinator (GIS)

Latrobe Valley Eisteddfod

For the very first time, students from Lavalla Catholic College participated in the 2021 Latrobe Valley Speech and Drama Eisteddfod. Like everything else in 2021, this year's Speech and Drama Eisteddfod had to head online. Unfortunately students weren't able to perform live on stage at the Latrobe Performing Arts Centre, however, they were able to record their performances at home and upload them for adjudication.

In the final week of Term 3, Lavalla had over 30 students from Years 10, 11 and 12 submit entries to a variety of different sections, including VCE Drama Solo, Prepared Reading Solo, Character Recital Solo and Mime Solo. Students selected the topics and characters themselves, rehearsed performances at home, organised their own costumes and eventually filmed their final performances.

At the beginning of Term 4, students were lucky enough to attend an online feedback session with adjudicator Bronwyn Hanvey, where she gave students helpful advice on ways to improve their character differentiation, pace, pitch and tone. She also announced the winners of each of section.

A special congratulations to Melody Paulet, who won the Secondary Students Scholarship Solo with a prize of \$500. This Scholarship required her to complete a minimum of four sections of the Eisteddfod, which was an amazing accomplishment.

Congratulations to all of the students who participated in this year's Speech and Drama Eisteddfod for the very first time, and we look forward to hopefully being able to participate again in 2022, on stage at LPAC.

RESULTS

Secondary Students VCE Drama Solo Performance

1st – Madeline Russell
2nd – Tahlia Webb
3rd – Brittney Paulet

Secondary Students Prepared Reading Solo

2nd – Tara Bosch
3rd – Trinity Sawyer

Open Character Recital Solo

1st – Alexis Wills
2nd – Hollie Gibson
2nd – Sarah Toms
3rd – Ayva Duddington

Secondary Students Mime Solo

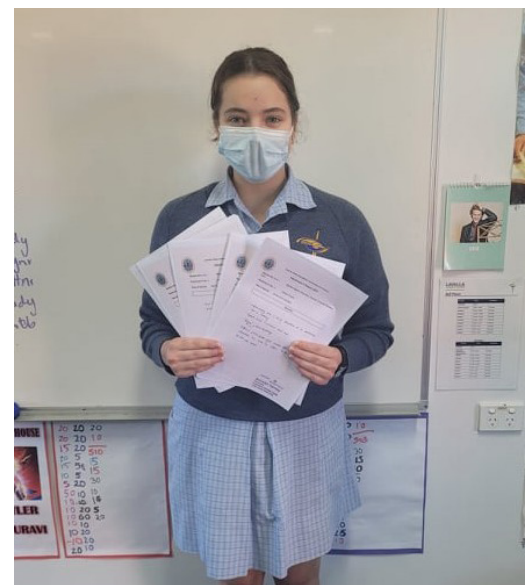
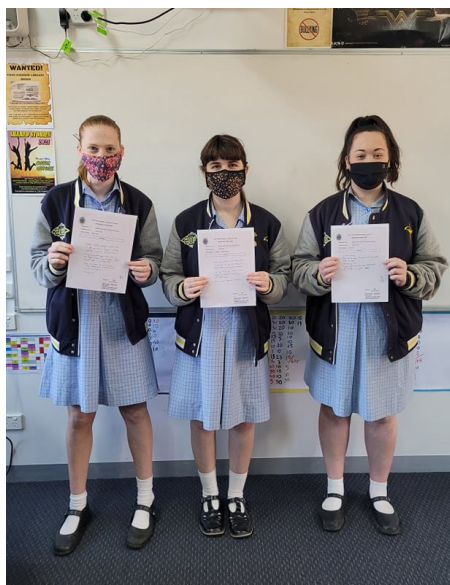
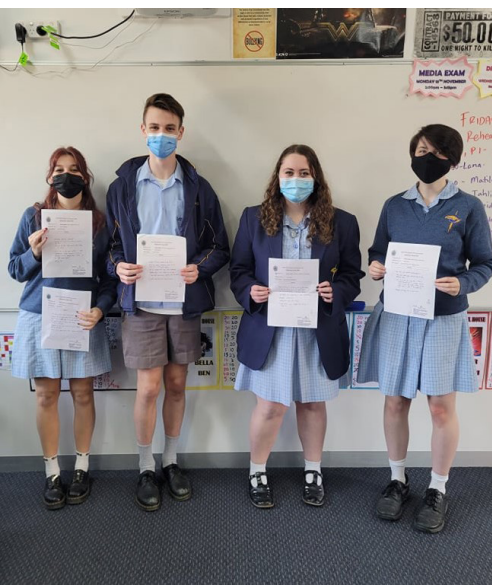
1st – Ryan Marshall
2nd – Ayva Duddington
3rd – Melody Paulet

Open Bush Poetry

1st – Melody Paulet

Secondary Students Scholarship Solo

1st – Melody Paulet



HEALTH CORNER



ASHLEIGH THAIN

School Nurse

Vaping

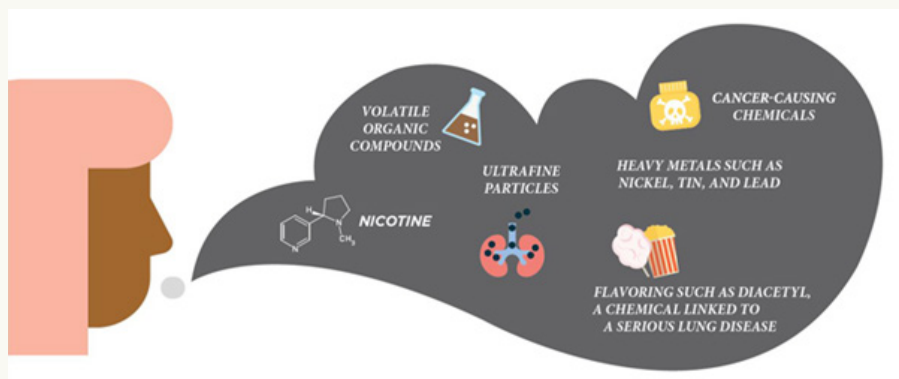
As a nurse, I have seen first-hand, the detrimental effect that cigarette smoking has had on the health system.

So, when e-cigarettes were first introduced to the world a few years ago, I remember thinking what a great alternative this would be for nicotine addiction and thus the reduction of cigarette smoking.

Sadly, it has not proven to be the saviour we wanted. More and more we are discovering the damage that 'vaping' is having on the human body. With colourful vapour (smoke) and flavoursome additives, e-cigarettes and vaping devices are becoming attractive to teens. With the addition of nicotine, manufacturers are assured that teens are becoming quickly addicted to their products.

Nicotine is an extremely addictive drug and is incredibly difficult to quit. Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control. The next problem lies with the additives. They are deemed 'food safe', but when you inhale them into your lungs they are absorbed differently, and coat your lungs reducing the lungs ability to function as it normally would. These additives contain all sorts of chemicals, and if you are buying them from overseas, online, or from an unregistered seller, you are unlikely to know exactly what is in them.

From 1 October 2021, you are required to show a prescription for all nicotine vaping products, such as nicotine e-cigarettes, nicotine pods and liquid nicotine. This includes products purchased both in Australia and from overseas. NOW is the time to stop vaping. NOW is the time to help your friend or family member to stop vaping. Speak to someone you trust if you need help with vaping.





Lavalla Catholic College

VINNIES CHRISTMAS HAMPERS

Giving to others to help brighten their Christmas

COLLECTION OF
NON- PERISHABLE FESTIVE FOOD
&
MONEY DONATIONS



St Vincent de Paul Society
VICTORIA
good works