



DOUG DOHERTY
Acting Principal

“The goal of dialogue is to establish friendship, peace and harmony, to share spiritual and moral values and experiences in a spirit of truth and love.” Pope Francis

This week we recognised Harmony Week and our College was a buzz of activity from wonderful ideas such as the Harmony Rose to the Cultural Cook Book, all inspired and operated by our Student Leadership Team. Miles Verschuur (Student Cultural Leader) will give an outline of these activities in this newsletter. We will also hear from Mrs Lisa Williams in regards to environmental harmony and our responsibility in ensuring our we as humans live in harmony with our environment.

Today our College community joined the rest of the World in fulfilling Pope Francis’ request to pray for peace in relation to the war in the Ukraine. Robyn Rebbechi also gives an outline of how our College joined in ecumenical unity for a day

Pope Francis in the quote above also outlines the importance of Dialogue not just for Harmony Week but for our lives in general. At Lavalla Catholic College we consistently strive to engage in dialogue for all people to ensure a safe, happy and successful culture. At the back of this newsletter, there is great advice for parents/guardians in creating dialogue with your children to ensure that they can also be safe and successful online.

I would like to take this opportunity to thank all staff and students working together to achieve harmony within our College family.

Stay safe and God Bless





ROBYN REBBECHI
Assistant Principal Catholic
Identity & Mission

Recently we celebrated the College Commissioning Liturgy, which was held virtually and live streamed from the Kildare chapel, due to ongoing Covid restrictions. Our student leaders were commissioned in their leadership roles for 2022, and we prayed especially for them as they undertake this important role in our community.

The Liturgy was also an opportunity for us to officially welcome our new Year 7 students to our community, and although we were not able to gather in person to welcome them, it was certainly important for us to acknowledge each of these individuals, who are fast making themselves an important part of our College.

Lent

We continue our College efforts to raise awareness of the season of Lent, with students and staff receiving information about the Lenten emphasis on good works, prayer and personal reflection. Our Project Compassion support is happening within each Homeroom and LA, however opportunities are also coming up to support this important cause, with 'Laps for Caritas' happening on each campus on Thursday 31 March. Please encourage your children to take part in this important college-wide effort to raise funds for Project Compassion. It is simply a matter of bringing along their running shoes (or walking in their usual shoes!) and paying a gold coin donation to see if they can add to our College 'distance' walked and run in aid of Caritas.

World Day of Prayer

I was fortunate to be able to attend a local World Day of Prayer service at the Good Shepherd Lutheran Church in Traralgon, along with some of our student leaders. The girls and I were welcomed warmly by the Lutheran Church community, and were grateful to be able to join in prayer with representatives from many other Christian churches in Traralgon.





CLAIRE FABRIS

Assistant Principal - Staff & Wellbeing

- Congratulations to Lachlan & Wendy MacDougall on the arrival of Harriet Saige on 21st March, 2022
- Farewell and good luck to Maddy Arbuthnot who finishes on Friday 25th March to start her maternity leave. Best of luck Maddy!!
- Farewell to Katie Lee who has finished up on campus and will start her maternity leave at the end of the term. Best of luck Katie!!
- Welcome to Lia Marshall who will replace Katie Lee, while she is away. Lia is a very experienced VCE Media teacher and a VCAA assessor. Nanoo Nanoo's Eloisa Tripodi & Dan Clancy will also be assisting Lia with our VCE ¾ Drama students in Katie's absence.



LAVALLA
CATHOLIC COLLEGE

Information Evening

Lavalla Catholic College invites you to an Information Evening for Enrolment Applications for Year 7 2023.

Monday 4th April 2022
St Paul's Campus - Grey Street.
4:00pm to 7:00pm
All welcome to attend.

For further information please contact PH: 5174 7355
Email: registrar@lavalla.vic.edu.au
Website: www.lavalla.vic.edu.au

There will be 30 minute information/question and answer sessions for parents/guardians as well as workshops for prospective students during this time.

Separate to the Information Evening we invite you to make a time to come and see our College in action with student led school tours and an optional chat with a member of Leadership.

Both the Information Evening and School Tours can be booked on our Website. We look forward to meeting you and helping you experience our wonderful College family.

****In accordance with COVID-19 safeguarding, all adults must be double vaccinated to attend these events.****

Lavalla Catholic College is a welcoming, inclusive community called to make Jesus known and loved through education in the Marist Tradition. With 'Strong Minds and Compassionate Hearts,' we unite to inspire, journey with, and prepare learners for life in our changing world.

www.lavalla.vic.edu.au



ASHLEY THAIN
School Nurse

Student Medication

May I please draw your attention to the College's Medication Administration Policy. This policy applies to both Prescription and Non-Prescription or Over the Counter medications.

If your child requires any medication throughout the day, please contact your campus nurse to discuss and complete a Medication Authority form.

SCHOOL POLICIES

It is important medications are stored safely and are administered as per instructions.

Please take the time to review this document and if you have any questions please feel free to contact myself or one of my colleagues. We are available Monday to Friday between the hours of 9am – 3pm, or by email at Nurse@lavalla.vic.edu.au

College Contacts for Parents

First points of contact for Parents when contacting the College.

Principal- principal@lavalla.vic.edu.au

Accounts / School Fees: ar@lavalla.vic.edu.au

Administration / Student Services

St Pauls Campus (Yrs 7 - 9)

Ph: 5174 7355

Email: administration_s@lavalla.vic.edu.au

School Nurse: nurse@lavalla.vic.edu.au

Kildare Campus (Yrs 10 - 12)

Ph: 5174 7272 / 5174 811

Email: administration_k@lavalla.vic.edu.au

Camps, Sport & Excursion Fund (CSEF) Payment

Parent / carers who are current Healthcare Card or Pension card holders may be eligible for the Camps, Sports & Excursion Fund rebate.

The claim form is available from the

[HERE](#)

or by contacting the Finance Officer at The Hermitage Administration Centre or email ar@lavalla.vic.edu.au

Justin Coulson's
happy families.

Click on the image above to take you to the Happy Families Website with access to Free Webinars, Parenting Ideas and Information.



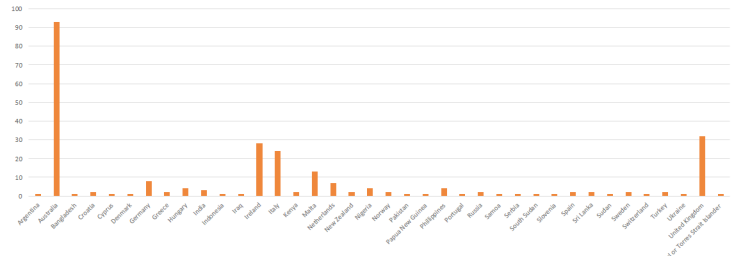
MILES VERSCHUUR
Cultural Leader

Harmony Week

This week, Lavalla Catholic College held its own Harmony Week festivities. Harmony Week is a week-long celebration of Australia's cultural diversity, centred around inclusiveness, respect, and a sense of belonging for everyone. Harmony Week acknowledges the many cultures which make up Australia, and the fact we are on the lands of the longest continuous cultures on the planet, the Aboriginal and Torres Strait Islander Peoples.

Harmony Week also coincides with the International Day for the Elimination of Racial Discrimination, and although we celebrate diversity, we also acknowledge there is more work to be done to ensure everyone is included within our community. Throughout the week, a cultural census of heritages was compiled, and students were able to learn of the diverse range of heritages within the Lavalla family. Students also had the opportunity to contribute a dish from their culture to a college-wide community recipe book, which will be published and distributed to families towards the end of the term. In homerooms, students were able to reflect on what aspects of their culture they take pride in, and acknowledge the multicultural mosaic of the college.

The Unique Cultural Heritages of Lavalla Catholic College



Further Facts:

Of the 136 students and staff that responded to the survey:

- 7% were born overseas
- 8% responded that both of their parents were born overseas.
- 24% responded that one of their parents were born overseas.
- These results show the strong history of migration in Lavalla, the Latrobe Valley, and more broadly, Australia.



The Results Mapped

LAVALLA
CATHOLIC COLLEGE

Presents

LEGALLY BLONDE
The Musical JR.

Music & Lyrics by
Laurence O'Keefe & Nell Benjamin

Book By
Heather Hach

Performance Dates:

Tuesday 5th April – 7pm

Wednesday 6th April – 7pm

TICKET PRICES:

- Adults \$25
- Concession \$17
- 15 & Under \$15

BOX OFFICE: 51763333

Bookings online: [HERE](#)



LISA WILLIAMS
Science Leader / Coach

Environmental Science Success!

Lavalla was a successful applicant for the 2021 Victorian Junior Landcare and Biodiversity Grant.

The Department of Environment, Land, Water and Planning (DELWP)- Victorian Landcare Program., is providing these funds to support activities that help protect, improve and expand habitats for Victoria's native plants and animals, and also to enable and encourage the next generation of young people to value and actively care for Victoria's natural environment.

This grant round received a strong number of applications and the Landcare Grants Team were delighted to offer Lavalla and Mrs Lynn McAllister's Environmental Science

students the \$5000 grant for their Narracan EnviroDNA Project. The project will become the basis for ongoing VCE fieldwork around the monitoring of this ecosystem in our VCE program.

Mrs McAllister and Mrs Williams took the year 12 Enviro class, along with some interested year 10 and 11 Enviro students to visit the Narracan River. Working with EnviroDNA, students used cutting-edge environmental DNA technology for wildlife detection and monitoring. The excursion included the collection of a range of environmental data along with the water sampling for the detection of platypus DNA in the area.

A big thank you to Marnie Ellis (Latrobe Catchment Landcare Faciliator) and Josh Griffiths (EnviroDNA) for attending the excursion in order to lend their specialist knowledge. A big thanks also to Mrs McAllister for finding and applying for this grant, which has afforded her students such a wonderful learning opportunity.



eSafety's parent guide to cyberbullying and online drama

Summary Sheet

Cyberbullying is sending or sharing seriously threatening, seriously intimidating, seriously harassing or humiliating online content to or about someone under 18.

The behaviour might include abusive texts and emails, hurtful messages or creating fake accounts to trick someone or humiliate them

One in five young Australians aged 8 to 17 years say they have been socially excluded, threatened or abused online.

Helping your child manage devices and accounts

Regularly reviewing settings in apps and on devices can help young people manage online drama and protect their wellbeing. You can support them by encouraging them to do this

Review privacy settings regularly

- Limit or filter comments to help manage negativity online.
- Actively manage who can make contact online by using the tools to mute, restrict, delete or unfriend others for a period of time or permanently.
- Enable wellbeing settings that help track time online and schedule breaks.

Most services provide a parent guide to help you understand the basic settings.

Examples

- [TikTok Safety Center for Parents](#)
- [YouTube Kids Parental Guide](#)
- [The Parent's Guide to Snapchat - ConnectSafely](#)
- [A Parent's Guide to Instagram - Reachout.com](#)
- [Tips for parents on helping your teen stay safe on Discord](#)

Building social and emotional skills

Cyberbullying is often an extension of face-to-face bullying. Talk regularly to young people about their relationships, including what happens online. Start the chat by asking some key questions:

- What do you do if you feel frustrated or angry about something happening online?
- What would you do if you saw someone harassing a friend?
- What can you do if you feel like someone is trying to make you look bad online?

[Young and eSafe](#) has practical advice and videos for young people. The resource covers topics such as respect, responsibility, empathy, resilience, and critical thinking.

You can also use our [conversation starters](#) to help with a range of online safety topics.

Supporting your child if they experience cyberbullying

eSafety research showed that more than 80% of teens took some form of action after a negative online experience, and this mostly involved self-help or speaking to family or friends.

If you are aware that your child has had a negative experience like cyberbullying, try to stay calm and remind them that support is available. eSafety can help you deal with the issue and report the abuse.

- We have general information about [different types of cyberbullying](#) and how the abuse may affect your child's behaviour.
- Our videos step you through [collecting evidence](#).
- [The eSafety Guide](#) provides links to help you report a complaint to the social media site, app, game or websites where the cyberbullying occurred.
- We have FAQs about [how to report cyberbullying](#) to eSafety and information on [how we handle complaints](#).

Encouraging early help-seeking

Provide easy access to information about support services, such as displaying key contact numbers on your fridge.

Kids Helpline

Kids Helpline provides free and confidential online and phone counselling to young people aged 5 to 25. It is available 24 hours a day, 7 days a week.

kidshelpline.com.au or 1800 55 1800.

eHeadspace

eheadspace provides free online and telephone support and counselling to young people 12 to 25 and their families and friends. It is available 9am to 1am (Melbourne time), 7 days a week.

ehespace.org.au or 1800 650 890

Support for parents

Each state or territory has a dedicated parent helpline that offers counselling, information and a referral service. Opening hours vary by state.

Parentline (QLD and NT) — 1300 30 1300

Parentline (VIC) — 13 22 89

Parentline (NSW) — 1300 1300 52

Parent Helpline (SA) — 1300 364 100

Parentline (ACT) — 02 6287 3833

Parent Line (TAS) — 1300 808 178

Parenting WA Line (WA) — 08 6279 1200 or
1800 654 432

More resources

According to [eSafety research](#), 40% of children and young people want to access online safety information through a trusted website.

eSafety [Kids](#) has information and advice designed especially for children aged 5 to 12. It provides simple explanations about issues that kids might need help with. The pages include tips for [when someone is being mean online](#), what to do if you think [you have been mean to others online](#) and [how to help friends](#).

eSafety [Young People](#) has information and advice designed especially for secondary students and younger adults. It explores common online safety risks as well as tips for preventing and dealing with them. The content includes a main page about [cyberbullying](#) and related pages about [online drama](#), the difference between [banter and bullying](#), what to do if you have been [called a bully](#), [being an upstander](#) instead of a bystander, and other relevant issues.

The eSafety [Parents](#) pages have information and advice designed especially for parents and carers. A page on [cyberbullying](#) guides you through the signs to look out for and what to do if you think your child is being cyberbullied.

There are also tips if you are worried that your child might be [bullying others](#) or you need help with [hard-to-have conversations](#) about issues such as cyberbullying and online relationships.

eSafety also has information for people with diverse needs, including resources [translated into languages](#) other than English and [Easy Read](#) resources.

Keep up to date

Read the latest [blogposts](#) by the eSafety Commissioner.

Sign up to an [eSafety newsletter](#) tailored for parents and carers.

More resources: Other eSafety research

[Digital lives of Aussie Teens](#) (2021)

[State of play – Youth, kids and digital dangers](#) (2017)

[Online safety for young people with intellectual disability](#) (2020)

[Adults' negative online experiences](#) (2020)

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