



DOUG DOHERTY
Acting Principal

Term one has now ended and our preparation for Easter has begun, a preparation to encounter God through the Hope that has been given to us by our faith. However, as Easter people this hope is not confined to one period of the year, it is here amongst us on a daily basis. It is this hope that we strive to find and share as members of the Lavalla Catholic College family. The key focus of this newsletter will be our Catholic Identity and how we as a College provide opportunities for our students and staff to dialogue about faith and spirituality.

Term One has been the first full term for two and a quarter years. It has been trying and tiring for many staff, students and families, but we have successfully completed this term together. Success was driven by hope-filled events and opportunities throughout the term, as well as such supportive and dedicated staff, students and families.

Legally Blonde Jnr – The Musical:

Last night I witnessed an example of Hope – Legally Blonde Jnr the Musical. What an amazing performance from our students and staff, even though it had been cancelled last year and moved twice due to COVID-19 restrictions. This group of resilient people ensured that they would not give up hope and in fact brought so much joy to everyone they entertained.

Campus Assemblies:

Last week we had our first whole campus assemblies at each Campus. For many of our students this was their first actual physical assembly at Lavalla Catholic College! It was truly a sign of hope and joy to be able to gather and engage in normal school life practice.

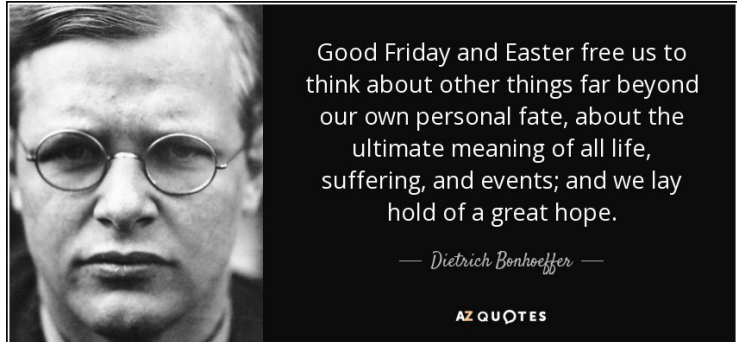
Information Sessions and School Tours:

It was truly magnificent to see so many families come to our 5 Information Sessions on Monday 4th April for Year 7 Enrolments for 2023. I would like to take this opportunity to thank all the staff who worked so tirelessly to make this event such a success. We had nearly 200 hundred families attend these sessions as well as 64 people engage with our student led school tours. These tours will continue for the first two weeks of term 2. 'Early bird' enrolments for Year 7 2023 will close on 30th April 2022.

Thank-you:

I would like to take this opportunity to thank all staff, students and parents/guardians for your support and positive affirmations during my time as Acting Principal. It has been a truly wonderful and worthwhile experience being able to serve my College community within this role. I can safely say that we as a College have continued to strive for excellence in all that we do and will be a place of welcome for our new Principal, Mr Ryan Greer when he takes up his role at the beginning of Term Two.

Have a happy, healthy and holy Easter and a wonderful holiday!



God Bless





ROBYN REBBECHI
Assistant Principal Catholic
Identity & Mission

A legacy built on faith and courage

2022 marks 150 years of Marist Education in Australia. A time not only for gratitude and celebration as we reflect on this significant legacy, but also a time for planning how Marists can continue building a hope filled future for Catholic education in Australia. 150 years is a long time but in fact the Marists have actually been a presence in Australia for 185 years! Let's look at our Marist history.

St Marcellin was a prolific letter writer. As the work of the Marist Institute began to grow in France in the 1820s and 30s, Marcellin regularly wrote to communities and to individual Brothers with updates, advice and encouragement for their work. In a fascinating development in the 1830s, that was to have a lasting impact on Catholic education in Australia, a decision was made that the first place the Marists would travel to beyond France to spread their mission of making Jesus Christ known and loved, was Oceania. For the Frenchmen who took on this mission, they were literally moving to the other side of the world. But it was not only geographical isolation with which they had to contend. The other side of the world was really another world- the culture, the language, the diet, the lifestyle and the spirituality were all quite different.

Marcellin himself was keen to be part of this original mission but was convinced by some of his colleagues that he could do more by continuing his role in France. As the first group headed off in 1837, Marcellin waited anxiously to hear from them. A letter he wrote on 25 November 1837 to Br Sylvestre at the La-Cote-St-Andre Brothers community in France tells us that he did indeed hear from them while they were on their journey. The letter states:

We have received a letter from our missionaries en route to Oceania. We will send you a copy of it in a few days. Fr. Bret died during the crossing to Valparaiso; the others are all well and very happy in their vocation. They are very eager to reach their destination. Zeal for the salvation of the people of those islands is one of their most outstanding qualities. Let us pray, dear brothers, let us pray for their salvation and that of those who are entrusted to us.

Interestingly enough, less than a month later, Br Michel Colombon, in December 1837, became the first Marist Brother to set foot on Australian soil. This was the start of a significant commitment by the Brothers to this part of the world. Between 1836 and 1858 thirty brothers came to Australia, New Zealand, New Caledonia, and the islands of Oceania to work as missionaries.

Then in 1872, four young Brothers, Ludovic (French), Peter (Irish), Jarlath (Irish) and Augustine (Scottish), stepped off the boat in Sydney at Circular Quay, with the specific goal of establishing the first Marist school at "The Rocks". The school opened on 8 April 1872 and the rest, as they say, is history.

The legacy left by these ground breaking Marists is very significant. It is a legacy on which a whole network of schools has been built, which of course includes our wonderful college here at Lavalla.

As we continue to chart our course through very challenging times, where our faith and courage have never been more important, we can remember, with gratitude, the vision which began the Marist mission to Australia and the faith and courage of the people who made the vision a reality in their own very challenging times. It's now over to us to reimagine the Marist mission of making Jesus Christ known and loved, in the way of Mary, into the future.

One of the central aspects of our identity as a college is what we refer to as our 'Catholic' and 'Marist' identity. This edition of our newsletter is an opportunity to focus on some of the things which make up this important aspect of life at Lavalla Catholic College.

The Catholic Education Commission of Victoria gives a brief but succinct explanation of what it is we try to do in Catholic schools, through their Parent Guide 'Embracing the Fullness of Life'.

"Catholic schools provide a welcoming, inclusive and safe environment focused on your child's wellbeing, achievement, challenge, creativity and enjoyment.

Catholic school leaders and teachers are committed to an education that integrates and celebrates faith, learning and life. They provide religious education and opportunities for faith development in communities where prayer and sacramental celebrations are integral to life. Students are encouraged to engage in civic and public life, involving community service and working for social justice."

This explanation hints at some of the many opportunities which Catholic schools provide as a matter of course, some of which are highlighted in this edition of our newsletter. Importantly, I draw your attention to the phrase which says that in a Catholic school we commit to an 'education that integrates and celebrates faith, learning and life.'

Our Catholic school, teaching in the Marist tradition, is a place where faith, learning and life intertwine. In our programs, and in our RE curriculum, we try to ensure that students make connections between spirituality and their everyday life, and see the development of a religious identity as a something relevant to their personal growth. The invitation to learn about themselves as spiritual people, through the lens of the Catholic tradition but with a respectful exploration of all religious thought and traditions, is something which is extended to students through formal programs such as Religious Education, and through informal avenues such as Game Changers, Youth Ministry opportunities, liturgical involvement, social justice initiatives and other service programs. Regardless of personal or family experience or background, all students are invited to engage with these ideas and bring their own understanding

and questions to our welcoming community. We are not about making sure all students believe the same thing, but are about making sure all students are aware of the invitation to faith and are able to take time to consider themselves as people who have many aspects to their lives: academic, physical, social, mental and spiritual.

Lavalla's identity as a Catholic school is formed in the tradition of the Marist Brothers, who were founded by Marcellin Champagnat over 200 years ago in France. Marist Education has been in Australia for 150 years, with Marist Schools celebrating this sesquicentenary this week. You can read about this significant anniversary elsewhere in this newsletter. Marist Education is a particular 'style' of Catholic Education, with an emphasis on five particular characteristics of being with and serving young people: Love of Work, Simplicity, Family Spirit, Presence and In the Way of Mary. These characteristics guide the way in which we operate at a whole school level, and the way in which we develop professional relationships with the students in our care.

Marist Characteristics: Indigenous Artworks



Several years ago, Mr John Freeman, our then Principal, commissioned local indigenous artist, Ronald Edwards Pepper, to capture the spirit of the five Marist characteristics for Lavalla Catholic College through his art form. Ronald has been a friend of the College, for many years, in a variety of ways. He has been Artist in Residence and guest presenter at key functions, always as a custodian and story teller of the Gunai/Kurnai traditions and history. The five paintings produced are Ronald's expression of the Marist Characteristics, as interpreted through his art. As we launch these paintings to the school community over the course of this year, we will explain them in future newsletters, to raise understanding in our community of each of the characteristics, and to show our appreciation for Ronald's work.

Below is an explanation of the 'Simplicity' painting, which was recently launched at assemblies on both campuses. Ronald has explained the messages he has conveyed in this painting and how he has chosen various symbols to convey this message. We are very grateful to Ronald for his work on these paintings, and for producing beautiful artworks which will make us consider the Marist characteristics in a deeper way.

This painting is entitled: Simplicity, and it represents the Marist characteristic of Simplicity, interpreted by Ronald's experience and the Gunnai Kurnai tradition. This painting is particularly important for us, as we focus on how we can meet the culture and traditions of all people, in a respectful way which shows dignity to all.

After painting this work, Ronald explained the symbolism he used in this painting.

The centre of the painting shows a main meeting place, with people sitting around the meeting place teaching and sharing culture. With the handprints, Ronald wanted to show that we are sharing culture and passing on knowledge, through friendship, in a very positive and friendly way. The five lines represent the five Gunnai Kurnai clans. The four shapes represent people, sitting down in country and teaching culture about country. Ronald explained that the choice of yellow was to represent the lovely sunrise and blue, his favourite colour, was used to represent the blue sky.

As we continue our year, with our Known and Loved theme, let's remember that the Marist characteristic of Simplicity, requires us to be genuine and straightforward in our relationships with others, without any pretence. Let us welcome all members of our community, and appreciate the many different gifts which different cultures and traditions bring to our community.

Holy Week commemoration: Youth Ministry in Action

This coming Sunday is Palm Sunday, the beginning of the significant week in the Christian calendar known as 'Holy Week'. Holy week begins with Palm Sunday, commemorating the day on which Jesus entered Jerusalem prior to the events leading to his death on Good Friday. The week ends with what is known as the 'Triduum': Holy Thursday, the night of the Last Supper, Good Friday, the day of Jesus' death on the cross, and Easter Sunday, the day of the Resurrection.

As we will be on holidays during Holy Week, our College commemorated the events of Holy Week with a 'Way of the Cross' liturgy on Wednesday morning in Homerooms and LAs. The liturgy was prepared by Alex Rathbone and the Year 12 Youth Ministry students, with student participation being made possible by Sue Pickett and her Year 11 Youth Ministry students, who made items to be used during the liturgy. The liturgy was a simple but prayerful reflection, calling us to remember and 'retell' the story of the events leading to Jesus' crucifixion and death, and was a meditation on how this story affects our own lives. Prompted by reflections from the Caritas Project Compassion appeal, students were invited to reflect on the way in which the life and mission of Jesus taught us how to live to achieve the peace and harmony in our world.

Once again, through the wonders of technology, we were able to use the beautiful music prepared and pre-recorded by the Lavalla Liturgical Choir, to add depth and beauty to our prayer. Sincere thanks to Mr Shane Lebbe for his work with the choir, and to Alex Rathbone and Sue Pickett, for their organisation of this liturgy.

Wishing you and your family the blessings of Easter.



SUE PICKETT
Religious Teacher



SHANE LEBBE
Dir of Music & Liturgy

What's Happening in the Religious Education Classroom?

The Religious Education classes have been buzzing with many different activities and conversations so far this year.

The Year 7 classes started the year off with how they belong to Lavalla and our Marist family. They have participated in a Fact Finding Mission around the school and a variety of other activities to learn about the history of Lavalla.

The Year 8 classes have examined the Catholic Social Teachings and have been engaging with the 6 stories of Project Compassion through Caritas. One of their activities involved creating nature mandalas as we explored the Catholic Social Teaching of Care for our Common Home.

All Year 9 classes worked in pairs to research a Saint and create an interactive display. All classes then participated in a Saint's Expo Display and completed a Saints Passport to learn about all of the Saints on display. They had the opportunity to talk to the creators of each display and ask questions to increase their knowledge.

The Year 10 classes have explored the lives of Women as inspirational disciples in the New and Old Testaments and have connected these women to women in our modern world today.

Year 11 and 12 Religion in Society classes have been exploring the Nature and Purpose of Religion and Ethical and Moral Issues. The discussions and presentations around all of these topics have been insightful.

Year 11 Ministry have been learning about Marist Ministry and are busily creating lessons on the Marist Value of Family Spirit that they will be teaching to Year 7 Religion classes in Term 2.

Year 11 Game Changers

Our Game Changers group has been meeting on a weekly basis in the chapel at Kildare and a

great sense of community has been created within this group as we explore our Hermitage track for this year. We have explored the early story of Marcellin Champagnat and the Marist Heart so far this year, connecting it to our place in the world today. Some fantastic conversations and insights have been shared, along with many laughs and new friendships made. I look forward to sharing the Hermitage Track journey with this fantastic group of young people.

Liturgical Choir

Our has established a proud tradition, offering much to the many members who have taken the journey before them, and we're glad that Term 1 has brought a better landscape for our students to fully participate in this course. With morning rehearsals back in full swing, our choristers have been attending school at 7:40am every Wednesday morning to prepare for our upcoming liturgical celebrations. This term we were able to engage Nanoo Nanoo to record our repertoire to support the Ash Wednesday and Commissioning Liturgy as well as our recent Easter Liturgy.

Preparation for our Masses and Liturgical events is an ongoing process throughout the year, and being involved in this type of immersive experience as a chorister encourages students to be fully, consciously and actively present. The students work hard to create a liturgical dialogue that allows them and all who are involved in our work – even those who may be viewed as passive observers – to be 'gentled' by what we produce. The Liturgy Class has begun preparations on repertoire for the upcoming Champagnat Day celebrations and the commissioning of our new principal, Mr Ryan Greer, and we are looking forward to bringing our ministry to action for our community.

Band Camp

On Wednesday the 30th of March our enthusiastic Concert Band members embarked on a three day band camp at Rawson Village. Our camp saw our Intermediate Concert Band, Senior Concert Band and Senior Jazz Ensemble engaging in focused rehearsals as ensembles and in small group tutorial sessions to hone their technical prowess on their instruments and expand their expressive palettes. The camp was also a wonderful opportunity to reinforce the strengths of our music department, drawing together the high expectations our musicians hold for themselves with the warm and supportive community that our members foster. Thank you also to our tutors- Alison Teychenne, Chris Higgins and Noah Georgeson- for their support of our students on the camp. Our musicians worked exceptionally hard to rehearse and refine their programs of repertoire to showcase at our Celebration concert intended to be held at the newly opened Gippsland Performing Arts Centre the following day. Please note that our rescheduled date for this event is Saturday the 14th of May. Further information can be found here: <https://www.latrobe.vic.gov.au/gpac/events/Celebration>.

Our Music Department's Parent Support Group would also like to thank all families who supported our Hot Cross Bun Drive. An assortment of buns from Out of Dough were delivered this Thursday for families to enjoy in the lead up to Easter. All funds raised will go towards supported events and equipment for our music students.



CHRIS ROGA
Faith Formator

The Resurrection: Easter 2022

The Resurrection is the be all and end all of Christian faith. It cannot be understood intellectually, but can be understood in the heart. If Jesus had not been raised, Christianity is certainly a fraud and all Christians are pitiable. But if he has, then he must become the focal point of our lives; there is no third option.

Jesus of Nazareth was born, about 6-4 BCE and died, buried and rose sometime between 26 – 36 CE, when Pontius Pilate was Prefect of Judea. He had a family, worked as a carpenter, had friends, had enemies, healed, suffered and died. We connect best with him because he was human like us. And in the life of Jesus of Nazareth we can see the pattern of our human lives and the way God moves in our lives.

However, we forget that Jesus is Christos, from the very beginning. He became human at the Incarnation. He died and was buried as a human. But in the Resurrection Jesus of Nazareth becomes the Christos, the Anointed One, again.

The Resurrection teaches three lessons about us and God and the dance of history:

1. The Horizon of Life is Transcendence:

The world of our ordinary living, of secular human life, with all its wonder, is not the be all and end all of everything. It is not the ultimate horizon. Without God life is still good, but

when you are dead, you are dead. “If there is no God, life is absurd.” (Sartre). Everything is pointless. In the Resurrection God is up to starting new life. Life is fullest when it is driven by transcendence.

2. Transforms this World: Tyrants tremble.

The resurrection says, “Pay attention! God is up to something!” Tiberius Caesar had all the power in the world and his power crushed Jesus of Nazareth. His crucifixion was a public sign to make Rome’s enemies afraid and toe the line. But the Resurrection says, “Tiberius, you have no ultimate power; your power is limited. You can only hand out death, but God, through Jesus the Christ, hands out life.” Love is more powerful than death.

3. A Way of Hope for All.

Jesus of Nazareth experienced the full extent of human suffering, abandonment and death, “even death on a cross.” By doing this he left no human outside his wide open arms; he pulls all humanity and the cosmos into God’s new world of love. No is one left out; this is the way of hope.

This Eastertide, I ask that we enjoy life to the full by becoming more aware of the presence of God who believes in us.



MEAGHAN AMBROSE
Acting Director of Students

As the term draws to a close and we look to celebrating Easter with family and friends, it is important to reflect on what has already been accomplished. Not so long ago, we were entering our first lockdown period and the uncertainty that came with it. This term, the Wellbeing Team has strived to provide the consistency and security needed to help students feel safe, happy and successful while they return to a regular school routine.

As such, the Wellbeing teams have placed an emphasis on returning to our norms, traditions and routines. By ensuring that students are organised, on time to class, engaged in their studies and by building resilience and relationships. Homeroom Teachers and Learner Advisors started to develop the important relationships with students and families that supports the College to live our Marist theme of 'known and loved' and reinforced the message of 'dignity for all' in our restorative practices.

It was a delight to attend the College Band Camp to Rawson to hear a rehearsal. The musical talent on display was a privilege to see. These students are so dedicated to their music and the College, that many of them attend rehearsals five mornings a week. It is a credit to their music teachers; Mr Shane Lebbe, Ms Stella Felton, Mr Joel Dickason, Ms Megan Schellekens and Mr Matt Harris, along with their individual tutors, that these students were able to have such a valuable experience and have continued to develop their musical talents under difficult circumstances. I look forward to attending their concert at the Gippsland Performing Arts Centre in May.

As we look forward to the exciting events of term two; Year 8 Camp, Year 9 Retreats, Project Rocket, Year 12 Retreat and many other activities, I would like to draw your attention to a few alterations regarding the wearing of the College Physical Education uniform for the remainder of the year.

At St Paul's campus, the PE uniform is ONLY to be worn on days when practical PE sessions are held.

- This is indicated on the College timetable for HEAPE subjects with the room allocation of the Champagnat Centre (SCC1/ SCC2/ SCC3).
- HPE staff will publish reminders about practical sessions on SIMON class notices at the beginning of each week.
- Any changes to timetabled practical sessions are to be appropriately communicated in advance to students, HR teachers and parents (via SIMON and/or email).
- Parents / Guardian of students who wear the incorrect uniform may be asked to supply the correct items.

At Kildare, students are permitted to wear their PE uniform to school if they have a practical lesson in period 1 and are able to wear their PE uniform home if they have a practical lesson in period 5.

For all other lessons, students must change in and out of their College uniform at the beginning and the end of the practical session.

There will be a grace period of two weeks at the start of Term 2 for the change from Summer Uniform into Winter Uniform. Students are reminded that they are not to mix and match items and that if they are out of uniform, they need to provide a note from a parent/ guardian. Full winter uniform, including the blazer must be worn for the Commissioning Mass, Champagnat Mass and College Photos.

Lastly, I would like to formally farewell Jasmine Santamaria, Year 9 Wellbeing Leader, who has commenced her Maternity leave. Ms Santamaria's care and consideration towards the students of year 9 will be missed. We wish her the best of luck and look forward to hearing her happy news soon. Mr Matt Harris has gallantly taken up the role and we know he will execute the role with flare.

Wishing you all a happy, holy and safe Easter season.

Three Violets - St Paul's

The Three Violets Awards have blossomed anew at the Junior Campus in March, with recipients being recognised and celebrated last Thursday in our St. Paul's Campus Assembly. These violets are a powerful symbol in the global Marist community because they represent the little virtues of modesty, humility, and simplicity. These flawless flowers grow in the grass around Champagnat country in France, often overlooked until they are pointed out, then they can no longer remain unseen. St. Marcellin Champagnat pressed upon his followers to '... do good quietly', just as these flowers do. In delivering these awards we affirm kind and compassionate, caring and sensitive behaviour amongst our student body. At Lavalla we see these awards as an effective way of applauding virtues that can easily go unnoticed. These awards have become a vehicle to deepen our community's understanding of both Catholic identity and our Marist Charism.

Towards the end of Term One, teachers were invited to nominate students and staff that frequently display these three little virtues of humility, simplicity, and modesty. Wellbeing leaders chose those who would receive the Three Violet awards, and we would like to congratulate all in our College who consistently conduct themselves as respectful, compassionate, and courteous. These are those among us who are positive role models that display Marist characteristics, and make our school a better place.

SIMPLICITY

Some of the characteristics that describe this virtue;

- These students are genuine and authentic in their relationships.
- They are truthful to those around them and are without deceit.
- They can be trusted and relied upon no matter the circumstance.

Will Hamilton – Year 7

Will is always a calm and considerate member of the class, who achieves wonderful things through quietly going about his business. He is a stabilising influence on his peers and is always willing to be involved. He regularly contributes and strives to achieve with the intention to learn and to help others.

Alice Mooney – Year 9

Alice's mature approach to those around her is a model of positive friendships. She is committed to spending time with others and is wholly trustworthy. She has high expectations of others, but ensures that she demonstrates those virtues in her own life.

Melanie Zimora Reception Staff Member

Mel is the smiling happy face of Lavalla. Nothing is ever too much or too hard. She treats everyone with respect and dignity- parents, students and staff.

MODESTY

Some of the characteristics that describe this virtue;

- The Marist expression 'doing good quietly' says it well.
- These students exercise control and are calm in everything they do.
- They are not vain, egotistical or boastful.
- While they allow their talents to shine, they do not 'blow their own trumpet.'
- They accept success with dignity and do not necessarily seek the limelight or acknowledgment.

Kaydence Fleming – Year 7

Kaydence is energetic and hardworking, always striving to succeed while being diligent and dedicated. When she does exceptional things, she is always dignified, elevating the achievements of others with her warmth, kindness, and compassion. Her maturity makes her a consummate example of Marist modesty.

Hannah Johnson – Year 9

Hannah's quiet manner and peaceful way is evident in her approach to all College occasions and activities. She is neither boastful nor brash, but always joyous and kind. Hannah is conscientious, compassionate, and thoughtful, continually welcoming everyone while never seeking recognition or undue acknowledgement. She is a model of modesty and a valued part of our Marist family.

HUMILITY

Some of the characteristics that describe this virtue;

- These students are humble and remain grounded at all times.
- They are not arrogant and they hold a reasonable opinion of themselves.
- These people are unassuming and work in the aid of others, they will generally think of others before themselves.
- They do not look down at anybody and they treat others as they would like to be treated.

Emily Meyer – Year 7

Emily always jumps at the opportunity to help others. She is the first to offer help to the teacher and has proven to be a great support for friends when they are in need. She contributes to class and her social interactions in a positive way but without the need for putting on a show.

Tiger-Lily Radford – Year 8

Tiger- lily will go about the class 'doing good quietly', helping people with small issues like fixing a mask or acts of service around the room like putting chairs down. She has a helpful manner and treats others with respect.

Keeley Smith – Year 9

Keeley always gives her best in class and is honest, genuine, respectful, and helpful to students and staff. She is so earnest in her concern for others and dedicated to acknowledging the successes of others.

Anna Di Savia Canteen Manager

Every day Anna works hard to ensure our students have their lunch orders ready on time. She ensures there is enough food for everyone. Nothing is ever too much or too hard for Anna to complete, as she often misses out on her own lunch, so that our students don't go hungry.



SHANE REID

Head of House MacKillop

Three Violets - Kildare

Shane Reid - Head of House MacKillop

Some of you may remember the Hans Christian Anderson tale 'The Emperor's New Clothes'. A hubristic emperor, unknowingly sinking under the weight of his own self-importance, employed the services of some travelling tailors who conveniently happened to be passing through. These men turned out to be conmen who convinced this arrogant emperor that for a price they would weave for him a suit of quality so fine that it would be completely invisible to anyone who was stupid or inept. These hucksters convinced the emperor and his servants that only the intelligent and worthy would be able to see the suit that they had made for him. Not wanting to appear a fool, the emperor donned his new suit – which of course was non-existent – and paraded himself ostentatiously through the city. His hoodwinked people, similarly not wanting to be seen to be unwise, loudly applauded and complimented him for wearing

the finest clothes that they had ever seen. The fraud only ends when a child is asked what she thinks of what the emperor is wearing and she innocently and honestly replies 'that he isn't wearing anything at all.'

Even for a poor student of history like me, it is easy to make some links between Anderson scribbling a cautionary fable such as this down in Denmark not long after and not far away from where Napoleon Bonaparte had cut a swathe through France.

In the shadows of the French revolution, our founder Saint Marcellin Champagnat founded his order of priests. He built a monastery near the town of Saint Chamond and shared a fable of his own with those who joined him. He pointed out to them in the hilly fields nearby some tiny purple violets that still grow wild throughout the area to this day. He told them to think of these hidden flowers as emblematic of the real virtues that should be celebrated and cherished. Quiet virtues that are hidden until someone notices them. Unlike the boastful emperor from the fairy tale, people with these virtues are not ego driven. One of the real joys of being a Head of House at Lavalla is being charged with recognising those in our school who, like Marcellin's violets, gently enrich our community. Unlike the emperor, they are being recognised for their authenticity.

We are very proud to recognise and celebrate the students listed below who, like the small purple flowers, have been noticed 'doing good and doing it quietly' in simple, modest and humble ways this year.



SIMPLICITY

Lulani Sultana
Elly Fleming
Emma Spagnolo
Dylan Drew

MODESTY

Emily Neocleous
John Marcou
Levi Dalziel

HUMILITY

Elaina Domagala
Elodie Thorley
Tyler Little
Hollie Kenter



MEGANS TEWART-NORTH
Student Leadership CoOrd

HOUSE POINTS

House points are gained when you participate in house challenges that have been created by your student leaders. At the end of the year, the winning house is awarded with the HOUSE SPIRIT TROPHY.

Student Leadership in Term 1

Our Student leaders have been very busy this term, from organising whole school activities to campus based house challenges and everything in between.

CHAMPAGNAT	50
NAGLE	80
DELANY	90
MACKILLOP	80

At Kildare, the student leaders are working towards celebrations of each of the feast days for our house name sakes and challenges to get the senior campus feeling some house spirit. They are also working on plans for RUOK? Day and World Environment Day, among other things.

At St Pauls, the House Captains and Campus Leaders hit the ground running and have already completed 3 house challenges this term. The skipping challenge, Uno Competition and Longest

Footy Kick competitions were all successful in getting a little friendly competition started. Early next term there will be a Kahoot challenge and a few more to follow... Watch this space.

Another very exciting development is that each campus now house a House Points score board. They can be found at the SSC at Kildare, and both the notice board near the front office and in the year 7 centre at St Pauls. The scores for this term are in the image below.

Congratulations to all of the student leaders for a fantastic term and we look forward to seeing what they get up to when we return after the break





BRETT VAN BERKEL

Deputy Principal - Learning & Teaching

Feedback.

As Term 1 comes to a close, it is wonderful to see our students embracing their learning in classrooms and around the College.

Assessments have been completed across Term 1. Student progress results can be accessed via your PAM account. The reporting of results has changed in 2022 to an A+ to E grading system for Years 7 to 12. The change in grading has been made to assist in a clear understanding of student progress concerning their learning and areas for improvement. The feedback could include a percentage result that enables parents and students to identify progress across the subject.

Parent/ Teacher/Student Interviews

Parent/Teacher/Student interviews (PTSI) will be held Thursday 5th May from 4.00 pm-8.00 pm. Again, these will be online, with appointments opening up on Monday 2nd May. PTSI provides an excellent opportunity for parents and students to obtain more detailed feedback regarding their progress and strategies for further improvement.

Information Evening

Please find below an outline of my speech delivered at our information evening on Monday 4th April.

Dear parents and guardians,

Welcome and thank you for taking the time to explore the learning opportunities available to you at Lavalla Catholic College.

When choosing a school, you need to decide how the school can cater to your child's individual needs.

We believe Lavalla Catholic College does that better than any other school in Latrobe Valley

Our Marist ethos guides the teaching philosophy at the College.

We are about inclusive, not exclusive, education.

We commit to a six-year journey with you and your child to help them achieve their chosen pathway, whether going to university or gaining an apprenticeship.

Our focus is upon;

- Every student, every day, engaged in learning opportunities that allow them to achieve their goals

The strategies that we have put in place to achieve this goal are;

Knowing our students

- Our inclusive education looks to cater to all students.
- Relationships are the key to this. Our teachers and staff are passionate about ensuring every child succeeds
- Learning is a journey, and each child may start their journey from different points.
- We identify where your child is on this journey and will help support or stretch them as required.

Teachers Assess appropriately-

- Teacher observations and assessments form a crucial part of the learning journey.
- Through observation and feedback on assessments, we can make adjustments to ensure each child can grow and succeed.
- Your child may need to be stretched in a particular subject but supported in another.
- In knowing our students, teachers will make this discernment and adjust assessments accordingly.

Teachers know their impact-

- In measuring growth, the focus is upon the individual student doing their best no matter their starting point.
- We also focus on ensuring there are numerous opportunities for extension across all subjects.

Coming into Year 7

Specific programs aim to build students' literacy and numeracy capacity while developing them holistically through our range of subject offerings and extra-curricular programs.

- Students have a wide range of subjects to participate in Year 7, such as Religious Education, Science, Health and PE, Humanities, Technology (in the new technology centre), Music, Italian Digi Tech and Arts

Our Religious Education program is presented in ways that speak to all students regardless of their faith journey or experience. We make connections between faith and life.

We understand the importance of learning outside the classroom and have fantastic extra-curricular opportunities such as RE retreats and immersions, Music programs, sporting opportunities and the sports enrichment program.

The impact of COVID on learning

We understand that there may be gaps in your child's learning due to the disruptions from COVID over the last two years.

We have programs in place to support all students, such as;

- The Writing Revolution and Renaissance Reading programs,
- The Maths Pathway program supports students at their point of need and is backed up by practical maths activities and individual teacher support.
- Our inclusive learning support team and education support officers are ready to assist with individual learning plans.

VCE- Year 11 & 12

- We have the most significant choice of VCE & VET subjects in Latrobe Valley.
- Catering to University and TAFE pathways

Victorian Certificate of Applied Learning (VCAL)

- The VCAL program focuses on students who want to gain an apprenticeship, job or go to TAFE.

Finally, we must work in partnership with you, the parents. Working together to achieve success is vitally important.

We will keep you informed of your child's progress via a continuous feedback model. You can check your child's progress anytime via a Parent Access Module (PAM)

You can see task results, upcoming tasks, overdue tasks, calendar events, excursion permission and attendance all in one place.

There are Parent, Student, and Teacher interviews one each semester. We also encourage your feedback to help us support your child's progress.

I hope you see Lavalla Catholic College as the right choice for your child's secondary education.

We are committed to a six-year journey to help your child develop into the best person they can be while preparing them for their chosen pathway.

Wishing you and your family a safe and happy Easter.



LISA WILLIAMS
Science Leader / Coach

Yr 11 Wilsons Promontory Sanctuary Environmental Science Camp

Field work is a crucial part of environmental studies and Lavalla's Unit 1 Environmental Science class became the first school group to take part in a pilot education program at Wilson Promontory focused on restoring biodiversity at the Yanakie Isthmus. After two years of restrictions and remote learning, it was wonderful to set off on March 16th for the overnight camp with Mrs Macalister, Mr King and a group of eager students complete with swags, food and environmental testing gear.

During the camp, students learned about programs to re-establish species diversity along the isthmus, including fire management, invasive species eradication and methods of data collection for ongoing monitoring projects. They hiked up the

big drift, toured the new fenced exclusion zones and benefited from the expert knowledge of Parks Victoria Rangers.

Upon their return, students were tasked with bringing the learning back to into the classroom by designing and presenting a research proposal to target a particular area of need within the Promontory – and meeting the outcomes for the Unit 1 Area of study: How are Earth's systems organised and connected?

A big thank you to Ms McAllister for organising the camp and Ranger Bill for facilitating the activities during our stay.



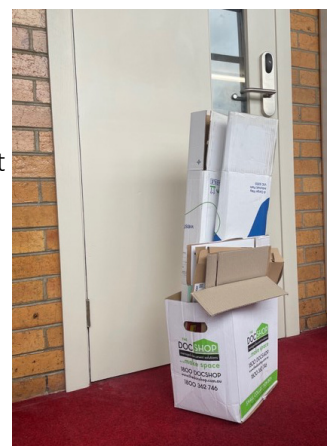
CAITLIN MAYER
Year 12

Lavalla's New Recycling Journey

Paper isn't just bad for the environment, it's 'tearable'! Lavalla's environmental team has worked together to provide recycling bins for all classrooms.

Lavalla has a fantastic opportunity to make a positive environmental impact within our school community and recycle through the classroom 'DocShop' bins. Teachers have agreed to have bins placed in their classrooms throughout the campus and these are to be emptied weekly by our LA leaders. We have already seen significant amounts of paper and cardboard recycled through these bins which is fantastic.

Recycled paper has the potential to turn into greeting cards, napkins, newspapers, and toilet paper. By promoting sustainable waste disposal at school, we can all take a more positive approach towards supporting our environment. Please look out for these bins and use them responsibly. We are all responsible and should aim for a cleaner planet!





Engaging Adolescents

-RESOLVE DIFFICULT BEHAVIOUR IN TEENAGERS-

Free program for parents of teens aged 13-18 years

Tired of yelling and nagging?

Resolve difficult behaviour in Teenagers.

In 3 sessions parents will learn:

- Some common ground shared by parents & reasonable expectations to hold about adolescents;
- New understandings of adolescents;
- A three-option model & flow chart for decision making;
- Self check-in first, for parents;
- Building a relationship with your teenager and making the best of your non-crisis conversations with them.

Parents will receive:

- * **A FREE workbook (valued at \$12) to apply the concepts learnt**
- * **A Certificate of Completion**
- * **Live online delivery**

Do this highly sought after parenting program FROM THE COMFORT OF YOUR OWN HOME

Hurry!
Places are limited

When?

11:30 – 2:30pm

delivered over 3 Tuesdays:

May 17th

May 24th

May 31st, 2022

Cost?

FREE

Get in touch

Bookings are essential!

Please contact:

Mark Brookes
Uniting Gippsland
5662 5150

gippsland.leongatha.reception@vt.uniting.org

Unveil what you inhale

Let's not sugarcoat it

What do you know about vaping? Maybe you or your friends have tried it before, or you've seen people at school or on social media doing it. Vaping and e-cigarettes have become popular in recent years, and though it might seem harmless and fun, these products can be dangerous for your health.

This resource sheet was developed with young Australians for young Australians like you, to show the facts, raise the issues, and provide advice on vaping and how to take action when it comes to the risks.

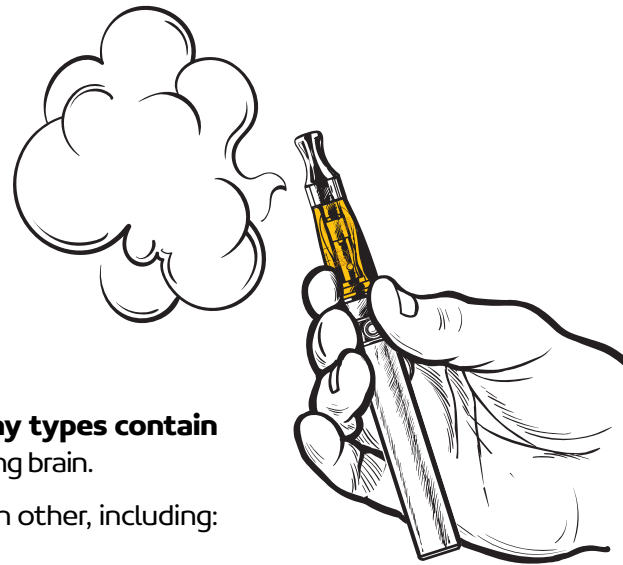
What is vaping?

The term 'vaping' is used to describe the act of smoking e-cigarettes or 'vapes' which are battery-powered devices that look like metal pens, USBs and other small boxy-shaped systems.

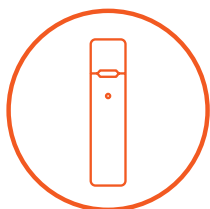
Vapes use cartridges with liquids, or 'juice', which usually have artificial flavorings and toxic chemicals in them. The vape liquid is heated into an aerosol, or 'vapour', and inhaled into the lungs.

Vape liquid isn't properly tested or regulated, and **research shows many types contain nicotine** even if they say they don't. This is really harmful to a developing brain.

There are many types of vapes that look and work differently to each other, including:



Mini



Vape Pod



Vape Pen



Squonk Mods



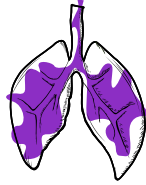
Box Mod

Vaping and you: The dangers and risks

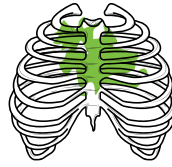
The most important thing you need to know about vaping is that it isn't safe for your health, despite what you may hear from others. Vaping has made lots of people sick with symptoms like:



Vomiting



Mouth and airway irritation



Chest pains



Racing heartbeat

Some people think vaping is harmless, that it is just water vapour. But what you're breathing in is made up of toxic particles. An Australian study into flavoured vape juice showed that the toxic particles in these liquids can include:



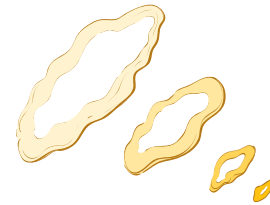
Formaldehyde

Used in glue and can cause irreversible lung damage.



Propylene glycol

Found in paint and is toxic to human cells.



Nicotine

Is addictive and can harm your brain, especially in the areas that control attention, learning, mood, and behaviour.

How can vape juice contain dangerous chemicals?

The government doesn't monitor how vaping products are developed so there are no rules around what can be put in them. Even those that say they don't have any nicotine in them often do, so they can be very addictive which makes it hard to stop, even if you want to. Because of this, vaping can also lead to cigarette smoking in the future, which we know is very bad for your health and can lead to serious health complications and risks down the track.



Vaping is relatively new and there isn't a lot of information about what it could be doing to your health long-term. Over many decades, we've learned that cigarettes are very bad for your health and experts worry that this could be the same for vapes.

? Why are young people vaping in the first place?

Thankfully, most young people say that haven't tried vaping. According to the Alcohol and Drug Foundation those who have tried it say they got it from their friends (63%), brothers or sisters (8%), or parents (7%).

A lot of young people vape because:

- You can do it anywhere
- You don't have to share it with anyone
- It's cheaper than cigarettes
- It's easy to buy vapes and the liquids online.

Vaping is becoming more popular and you may see your friends, family members and other people in your life doing it which can make it seem safe. Viral online trends involving vapes have become really popular. You and your friends have likely seen these types of videos shared by the influencers you follow and may have even made your own.

Vapes are designed to look cool, and the liquids are developed with flavours like vanilla, Krispy Kreme, roast chicken and tuna. The flavours are designed to taste better than cigarettes, but they still contain toxic chemicals that can seriously harm you.



\$ Why is a dangerous product for sale?



Vapes can be bought in stores and online in every state and territory in Australia, except Western Australia, but the sale of juice with nicotine is illegal.

Since we've learned more about how dangerous cigarettes are, less and less people are using them, which is great news. But now the companies that develop those products need to make money another way. Vapes are just another product made by those companies to make money, using glossy and sneaky social media marketing to make vaping look as cool as possible.

So while vaping might sound pretty harmless, it has the potential to do serious and lasting damage to your lungs and body.



What we know so far

- Vape products and juice are not regulated, so we don't know for sure what's inside them.
- Even 'nicotine-free' vape juice can contain nicotine.
- Vape juice contains nasty chemicals that are bad for your health.

How to say no

Wanting to try the new and popular thing that your friends or someone you look up to online is doing is normal, but understanding the risks is important. It can be hard to say no to your friends and school mates, but you should put yourself and your health first and only do things that you feel comfortable with.

It's your body, your lungs, your life, and you're in charge.

Understanding the risks of vaping and the serious effects it can have on your health can help you to decide for yourself. What you've learned can also help others who might not know what they're getting into when they try it. Be on top of the knowledge, and be a support – to yourself and your friends.

If you want to take action around vaping, you can lead by example. Being a role model is one of the best ways to show you're making good choices for your health and your body, and helping your friends do the same. Talk to your parents and teachers and get involved with any education programs at school around vaping.



Additional information and resources

Organisation	Resource
Kids Helpline	P: 1800 551 800 kidshelpline.com.au
Australian Government Department of Health	About e-cigarettes
Healthdirect	E-cigarettes - Vaping
Department of Education and Training Policy and Advisory Library	Smoking and Vaping Ban
Alcohol and Drug Foundation	Vaping amongst young people
Smokefree Teen	Quit Vaping



For further information and support contact Lung Foundation Australia.

Free call 1800 654 301

Visit lungfoundation.com.au/unveil

Email enquiries@lungfoundation.com.au



interchange
GIPPSLAND

and

Interchange
NETWORK

INVITE YOU TO A:
YOUNG CARER DAY PROGRAM



Join us for a day of fun at Gumbuya World!
This program is open to those aged 10-16 who are
siblings of people with a disability or young carers.

Register with Interchange Gippsland
PHONE 1300 736 765 and ask for Jiya.

Date: Sunday 24 April 2022

Time: 9.30 - 5.00

Pick up / Drop off:

Interchange Gippsland

66 Commercial Road, Morwell.

LATROBE VALLEY
'ALL-ABILITY' FOOTY
TERM 2 & 3, 2022



*'All-ability' sports are about fun and participation for **EVERYONE!** The local All-ability groups are parent-run and driven, so cater directly to the needs of kids with additional needs in the local area. During the sessions a variety of games and activities are played to learn and develop new skills and are non-competitive. Activities are modified so that everyone can 'have a go!' Participants can also benefit socially by making new friends and feeling part of a team.*

We currently run three sporting programs locally (during school terms), Term 1 – Tennis at Pax Hill Tennis Club, Term 2 & 3 – AFL Footy at West End Junior Football Club and Term 4 – Cricket at Traralgon West Cricket Club.

All ability Footy, Term 2 & 3, 2022.

Footy training for school aged kids with additional needs. Siblings welcome to join in too!

*At West End Sporting Complex,
Douglas Pde, Traralgon*

Wednesdays, 4.30pm - 5.30pm

Starting on Wednesday 27th April, 2022.

All equipment supplied, just bring a drink bottle.

A parent/carer must attend and be willing to participate/support if necessary.

Any further queries phone Lou Varsaci 0414540296 or email varsaci@aussiebb.com.au or via the facebook group All ability sports, Latrobe Valley

