



## From the Principal

### Dear Lavalla Families

In his latest editorial for the Marist Schools Australia (MSA) newsletter, MSA National Director Dr Frank Malloy reminds us of the words of St Francis of Assisi, who calls us to ***preach the Gospel always and sometimes use words.***

It is such a powerful message and essentially makes the point to us that 'actions matter more than words'. Animating, or bringing to life Gospel values such as love, forgiveness and compassion is something that we should all prioritise in our lives. Not only does it bring us closer to God but it creates a community based primarily on care for each other; a community that is authentically Catholic and grounded in Christ.

Instilling this sense of **values animation** must be central to the spiritual and social development of all our young people here at Lavalla. If we are to be true to our rhetoric and be a community that tries to live the Gospel and not just speak of it, our young people must embrace the importance of actions matching words. It is a notion that you will hear me speak about frequently to our students and a key feature in creating the strong minds and compassionate hearts that we talk so much about at Lavalla.

### Reports and Parent Teacher Interviews

All parents and carers should have received student reports from Semester 1. Summative reports provide lots of valuable information for parents about student academic and classroom performance. Whilst the results are important, I would encourage a greater focus on the progress of your child. We continually walk alongside students and aim to motivate and drive them to try their best at all learning tasks they undertake. At the centre of this push is the concept of continual improvement. When we are improvement focused and not purely results focused, we are able to understand progress more clearly and set in place plans that make tangible differences to student performance and learning progress.

Alignment and shared understanding of expectations from both teachers and parents is crucial to this approach. As such, I would encourage parents to use the upcoming parent/teacher interviews to more fully understand your child's progress and to work with our staff to develop a clear picture about how we best continue to create a learning-improvement and progress

focus for students at Lavalla. Information regarding parent/teacher interviews will be sent home shortly and I look forward to parents using the opportunity as a key driver in the student learning and improvement cycle.

### Year 7 Camp

Next week our Year 7 students commence their camp experience. Whilst all camps are important opportunities for personal development, Year 7 Camp has added significance and importance. It usually takes place in the first few weeks of school, but due to COVID we had to postpone the dates this year. However, the opportunity for Year 7 students from many diverse backgrounds and primary schools, to connect and begin to develop and nurture meaningful and positive relationships, is extremely important for the years ahead. In advance, I thank the many staff who are giving up their family time to make the experience possible and to the organising team for their exceptional efforts in planning an enjoyable, productive and most importantly safe experience, for our Year 7 students.

### Connect with us

A reminder that the College now has an active presence on social media platforms Facebook and Instagram. Both of these platforms are focused on celebrating our school and our students and providing our parent and wider community greater insight into life at Lavalla. I encourage you to connect with us and share any feedback or suggestions you may have to improve the way in which we celebrate the richness and vibrancy of our school community.



Click Button



Click Button

### Best Wishes

We continue to keep those families in our community, who are currently facing significant health challenges, in our thoughts and prayers. Whilst the path to recovery is complex and testing, it is paved with the genuine care and support of our students, parents and staff.

***As always, we pray that our Lord, Mary our Good Mother and St. Marcellin Champagnat, continue to watch over us and guide us with strength and wisdom.***



# Virtual Subject Selection 2023

As part of our Virtual Subject Selection offerings for 2023, we will be holding three Zoom information sessions. These presentations aim to assist families with students in Years 9, 10 & 11 in selecting their child's subjects for 2023. The sessions will also provide you with the opportunity to ask questions about programs running in 2023.

Subject selection forms will need to be submitted online by Friday 12 August. Students and parents will be provided information on how to do this before the date.

## Zoom Presentations

When you register, using the links below you will automatically receive the meeting link for the webinar. An email reminder will be sent out one hour before the webinar is due to start.

### Year 10 -2023

Tuesday 2nd August – 6.30 pm-7.00 pm

[Zoom link](#)

### VCE Year 11 & 12 – 2023

Thursday 4th August – 6.00pm-6.30pm

[Zoom Link](#)

### Vocational Major & Victorian Pathways Certificate 2023 (formally known as VCAL)

Thursday 4th August 6.45 pm-7.15 pm

[Zoom Link](#)

## Subject Selection Website

A reminder that subject information and videos can be found at our Subject Selection Website via this link [HERE](#)

## Virtual Subject Selection 2022

# Student Absences

As we move into Semester Two students will start completing assessments in their various subjects.

Feedback on your child's progress is 'live' via your Parent Access Module (PAM) account. Taking the time to review your child's progress and discussing it with them will assist them in achieving their full academic potential.

Some strategies that can be used to facilitate this is;

- A video on your PAM quick links shows you how to access all your child's feedback.
- Discuss current performance with your child
- Review if they are using their homework/study time free of distraction (removing their mobile phone while studying)
- Limit the time your child commits to part-time work (no more than 10 hours per week)
- Create a dedicated study space that is free from distraction
- Promote reading for a minimum of 20 minutes per day

**It's not OK to be away.**

### Attendance Requirement

In order to maximise student achievement and outcomes, Lavalla Catholic College requires students to be punctual and attend all classes with appropriate materials and set work completed so that teaching and learning can be effective.

The College attendance requirement requires at least 90% attendance (face to face) in each unit/subject to achieve a satisfactory result for that unit/subject. This is regardless of whether or not the student has satisfied the coursework outcomes for that Unit/subject or not.

### Approved absences are:

- Those are covered by a medical certificate or other relevant documentation.
- Those caused by the student's participation in another aspect of the College's educational program ( such as elite/Marist sport, music, excursion or camp)

### Unapproved absences are:

- Absences not covered by a Medical Certificate or other relevant documentation
- An absence from a whole-school activity
- Family holidays taken by students during the school term. Teachers are not responsible for, and may not provide work for students on holidays as this will lead to authentication concerns.

### Holidays during school time

What does this mean for your child's assessments?

To request that assessment be moved or deferred to a later date due to an absence requires the student to apply/request for special provision.

#### Special Provision and School Based Assessment

Students are eligible for Special provision for school-based assessment if they are adversely affected by illness, impairment or traumatic personal and/or family circumstances. The usual provision granted in this category may include allowing the student to undertake the task at a later date, allowing the student extra time to complete the task, substituting or replacing one task with another, or using technology to complete the task.

All these possible provisions will be dependent on the resources of the College.

If a child is away on a family holiday for an exam, assessment or SAC they will receive a zero for that task. This is because family holidays do not meet the requirement outlined above to qualify for Special Provision.

It is important that if you are planning on taking holidays during the school year, you have a conversation/email your child's Learner Advisor or Homeroom Teacher, Wellbeing Leader, Head of House or Junior or Senior Learning Programs Co-ordinator to assess the full impact of the absence.

**BRETT VAN BERKEL**  
Deputy Principal Teaching & Learning

## 2022 Australian Geography Competition

Over 40 Geography students from Years 7 to 12 tested their geographical skills and knowledge against students from all around Australia in the 2022 Australian Geography Competition at the end of term 1. Over 65,000 students from 650 schools entered this year's competition. The event required participants to complete between 30 and 50 multiple choice questions in 30 minutes which focussed on the analysis and interpretation of unseen geographical data. For the first year, the competition was completed on-line.

With results just being released, our students performed exceptionally well with over one third achieving special recognition for their efforts. 8 students received credit certificates and 3 received certificates of distinction.

Special congratulations to Isabel Ford (Year 9) and Riley Holloway (Year 12), who both achieved Certificates of High Distinction. A special mention to Miles Verschuur (Year 11) whose score of 36/10, placed him in the top 1% of students in Australia for his year level. Congratulations Miles.

Congratulations to all participants and all the very best for your studies in Geography over the next few years.

**KIM WIDRICH** - Humanities Learning Leader  
& **STEPHEN ERDELY** - Senior Geography Teacher



# Catholic Identity & Mission



*"In a world of noise, confusion and conflict it is necessary that there be places of silence, inner discipline and peace. Only in such places can love blossom. For the rush and pressure of modern life are a form, perhaps the most common form, of violence...the frenzy of our activity neutralises our work for peace and destroys our own inner capacity for peace."*

**- Thomas Merton**

At the end of Term 2 and the beginning of this term, our Year 11 and 12 students had an opportunity to experience a slightly more 'peaceful' pace of life through the senior retreats. These retreats are one of the ways in which we offer students a chance to reflect on aspects of their life and faith which may not normally be considered in a classroom environment, in a space away from school where they can be open to the beauty of nature, the company of others and plenty of good food. We consider this retreat opportunity to be vital for students' personal and spiritual growth and development, which is why the retreats are planned and delivered in ways which gently encourage reflection, and allow for personal 'inner capacity' to be developed. It is difficult to quantify the value of the community experience of a retreat as they are also a time for students to get to know their peers in a different context, and to have some fun together.

## Year 12 Retreat

The Year 12 Retreat was held at Philip Island, with students taking time to focus on 'A Life that Matters' as they contemplate the next step, beyond the school gates. They learned that sometimes we need to allow ourselves to be vulnerable, in order to allow others to get to truly know us, and took some time to look back over their journey of life so far. In an exploration of scriptural Proverbs, the students explored the idea of wisdom, thought about the people they considered to be wise and developed their own group 'Proverb' which was relevant to their peers. Other activities centred around identifying a 'person worth becoming', showing some great knowledge about trivial topics and engaging in some great activities such as dance, archery and walking in nature.



## Year 11 Retreats

The Year 11 Retreats which were held more recently took on a different focus, with students in their House groups, looking at the Footprints we leave on the world. Students considered their digital footprint, and whether this was a true representation of themselves, and discussed the importance of being aware of 'big issues' in the world and how we could spread awareness of these to others. A 'place of silence and inner peace' was created through art, with students decorating a pot or plate with symbols of themselves, their lives or their interests. Students who had never encountered a retreat experience like this were very receptive to the opportunity, and participated enthusiastically in all activities, from team building 'Olympics' to quiet prayer and reflection. The retreats were a wonderful opportunity for students and staff to build their House community as well.

Some of the feedback from the Year 11s is included here. (quotes)

*"It was a lot of fun and enjoyable"*

*"It was great to have time to get to know others in our House, out of the school environment"*

*"We wanted it to go for longer"*

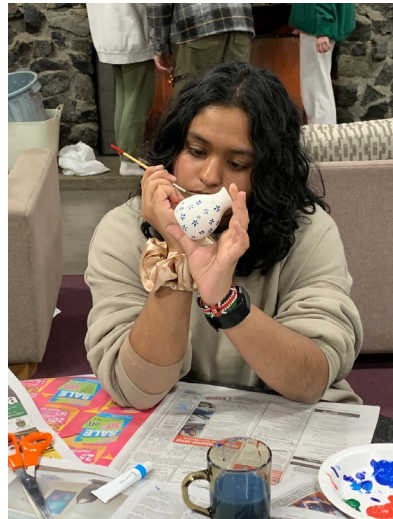
Sincere thanks to all of the staff who assisted in leading these Retreat experiences, for their generosity of time and spirit. We hope that word of the Retreats' success will spread from the students this year so that every student next year will look forward to an equally rewarding experience.

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



# Catholic Identity & Mission

*Known and Loved*  
dignity for all



# Celebrating Cultural Diversity

Known and Loved  
dignity for all

*"The thing I absolutely love about food is it's a common thread that connects us no matter what culture we come from,"* according to the most famous of Australian chefs, Poh Ling Yeow. During Harmony Week, Lavalla collated a multitude of recipes from cultures across the globe that members of the Lavalla family regularly make and share. Across the remainder of the year, in each newsletter there will be recipes from a different culture.

To start us off we take a plane flight to Italy, fitting as this beautiful culture and language is experienced by many students at Lavalla in Prof. Cataldo, Prof. Weston, Prof. Bianconi, Prof. Massaro-Chandler, and Prof. Tantaro's classes. In our survey in March, 16% of respondents identified as having Italian heritage. If you want to see the full results of the survey, please see Issue 4 of this publication from March 25th. Please send in your recipes at any time, it is never too late! Make sure you check this column each edition for a fresh exploration of culture and food.

First up we have a classic pasta dish from **Year 7 Student, Patrick Cataldo-Stoddart**:

## Pasta al pesto

A traditional dish from Genoa, Italy.

I like this recipe because my grandmother (nonna Caterina) makes it for me when I am in Italy.

In the traditional recipe, we use a marble mortar and pestle to prepare this.

Nowadays you can use a blender.

### You will need:

- Fresh basil. Approximately 50 leaves. Use small leaves if possible.
- Half a clove of garlic.
- 3 table spoons of parmesan cheese.
- A table spoon of pine-nuts.
- 2 table spoons olive oil
- Salt
- A packet of trenette pasta (If you can't find trenette, linguine or fettuccine are a good alternative).
- 100 g. green beans
- One potato

Put the basil, the garlic, the parmesan cheese, the pine-nuts in your blender. Add the oil and a pinch of salt and start blending until you create a fairly thick creamy sauce.

In the meantime, bring a big pot of salted water to the boil.

Cut the beans in small pieces and the potatoes in slices. Add them to the water.

When the water is boiling add the pasta, stir and then cook for the required time.

When ready, drain the pasta, potatoes and beans and then mix with the pesto.

### Buon appetito!

Next up, we have a lighter snack from **Year 10 student Isabella Molinari**.

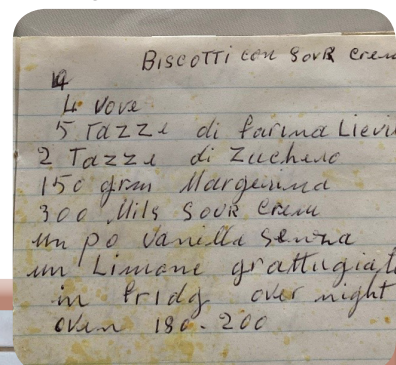
This recipe came from one of my grandmother's dear friends, who she used to be very close with when they were younger. They shared this recipe with each other many years ago, and Nonna has been making them for us ever since.

These biscotti are best shared with family or friends and a nice cup of tea!

## Nonna's Sour Cream Biscuits!

- 4 eggs
- 5 cups self-raising flour
- 2 cups white sugar
- 150 grams butter
- 300 mls sour cream
- "a bit" of vanilla essence
- Some lemon zests
- **Leave in fridge over night**
- Bake at 180-200 degrees
- Add icing sugar on top

### Original recipe in Italian



MILES VERSCHUUR

Cultural Leader

# Music News

There are many good reasons to get involved in instrumental or vocal lessons this term, not least of all, the exciting events we have in store. To kick off Term 3, our Senior Choir will be heading to Melbourne to compete in the Victorian School Music Festival, while our Junior Choir and Training Band both compete in the Yarram Eisteddfod – the first performance for many of these students. Stay tuned to hear about more upcoming events, and while you eagerly await the results of our performances, you might like to read about more of the great reasons to play an instrument!

## Improves Memory & Encourages Creativity

Maestro Eduardo Marturet explains that research has shown that participation in music at an early age can improve a student's learning ability and memory by stimulating different patterns of brain development. Learning an instrument teaches children how to create, store and retrieve memories more efficiently and also does wonders for the creative side of a student's brain. Every time a child holds their instrument to practise something, they will have to inject a part of their personality into it. This gives students a healthy way to channel their inner creativity as they work on mastering their skills.

## Teaches Patience, Discipline and Time Management

Playing a musical instrument means having to persevere through hours, days, and possibly years of practice. It helps children learn that the more effort you put into something,

the better the results will be as they set short, and long-term goals. Exposing students to musical instruments is the real key. The discipline that comes with developing these skills helps learners to better organise their time and manage their set tasks across all domain areas.

## Boosts Confidence and Improves Social Skills

Playing an instrument helps students get comfortable with self-expression. As children begin to master their instrument, they will play in front of an audience, starting with their music teacher and parents, and then branching out to groups of other pupils and concert audiences. Playing in public can help children feel confident in performing on a range of academic pursuits. Joining a musical group at an early age also encourages students to develop relationships with other kids from different backgrounds. It builds leadership and team-building skills, as well as encourages them to understand the importance of teamwork. Moreover, it teaches them to be kind and considerate towards others as they engage with and relate to a wide variety of people and contexts.

***"Life without playing music is inconceivable to me. I live my daydreams in music. I see my life in terms of music... I get most joy in life out of music"*** – Albert Einstein

SHANE LEBBE - Dir of Music & Liturgy



Do you want to see your teen transform in a matter of weeks

from

**SAD, ANXIOUS OR WITHDRAWN**

to

**CONFIDENT, CALM & HAPPY?**

Are they struggling with:

- \*Social anxiety
- \*Isolation
- \*Becoming overwhelmed
- \*Withdrawal

## GET YOUR TEEN DRUMMING FOR CALM & COMFORT!



A fun and engaging program using musical activities to help teenagers improve mood, manage worry and feel better.

In this program your teen will supported with:

- 6 x 1 hr drumming workshops, facilitated by accredited Drum Beat Counsellor
- A safe and stimulating environment of like-minded teenagers with similar goals
- Ongoing support ensuring learning continues to be used in everyday life after completing the program
- Additional parent session midway of program included

Limited spaces only available, so you must register now!

REGISTER ON SOOTHE 2 SHINE FACEBOOK LINK BELOW  
OR CALL **0447 151 589**

### WORKSHOP DETAILS

**WHEN:** Starts Wed 3 August to Wed 7th September  
(weekly sessions)

**TIME:** 4:45PM – 6:00PM

**WHERE:** Soothe 2 Shine,  
17 Rocla Rd, Traralgon

- All materials included
- Less than half price of individual sessions\*

\*original individual cost \$840 for 6 week program



Soothe 2 Shine  
Counselling

## Give a Damn Give a Can 2022

### When?

- ▶ Cans are to be brought to school before 31 August.
- ▶ This gives us about 6 weeks to collect as many cans as possible.
- ▶ We would aim to be donating around 1000+ cans of food from our school.
- ▶ Cans can be taken to Homerooms and will be collected there and taken to the Wellbeing Hub for storage.
- ▶ If you gave 2 cans we would reach beyond the 1000 can target with almost zero effort, but would be helping many families with that generosity.

2 DAY  
VIP  
EVENT

4<sup>TH</sup> & 5<sup>TH</sup> AUGUST

ZERO & REWARDS CARDS HOLDERS

20%  
OFF

SCHOOLWEAR\*



DON'T HAVE A CARD? APPLY INSTORE OR  
ONLINE & START ENJOYING THE BENEFITS