



## From the Principal

### Dear Lavalla Families

This week we celebrate the Feast of the Assumption. This Holy day honours the Catholic belief that Mary's body was 'assumed' in its entirety, into heaven. The Feast of the Assumption holds special significance in our Marist school. The word Marist means 'of Mary' and recognises the central place in our Catholic faith that Mary has as the Mother of Jesus. Known as the original disciple, Mary's faith in God and in her son Jesus was unwavering; she said Yes to God and provides us with the ultimate example of love, dedication and unquestionable devotion to Jesus. She is the Mother of our Church and a beautiful, caring and compassionate example of selfless dedication and service to others.

### Congratulations

Over the past few weeks there have been some incredibly pleasing stories of sporting and co-curricular success of current and former Lavalla students. This success speaks to their dedication and commitment and to the wonderful opportunities and support that our school provides. Our community is incredibly proud of their collective efforts.

At the recent Victorian Schools Music Festival, our talented Senior Choir received a prestigious platinum shield for their performance. This is the highest level of recognition and on behalf of the school, I congratulate them for this wonderful achievement.

Following in their footsteps our Junior Choir, who performed at the recent Yarram Eisteddfod, also received some excellent results. Against much more experienced choirs, our students still managed to place highly and the future is bright for them as they continue to develop and perform.

In the sporting arena, as part of the Australian Junior Trench Shooting Team, Year 10 student **Lucas Furlan** won gold in the Under 21's division. At 15 years old, this is a fantastic achievement and makes him the youngest shooter to compete and win gold at a world championship event. Congratulations Lucas!

Congratulations also go to Year 9 student **Ella Stoddart** for her recent selection in the U15's All Australian Team following a stand-out performance at the National Girls Australian Football Championships in Albury.

Congratulations to **Miles Verschuur** Yr 11 a state cross country champion!

Miles won the U16 State Championships for 3000m this last weekend.

Further, our College was also blessed to have past student Emily Beecroft claim silver at the Commonwealth Games in the Women's 100m S9 swimming. This is an exceptional achievement and our community is proud of Emily and her success on the international stage.

We have also had a number of junior girls and boys Basketball and Soccer teams win through to their respective state level competitions and look forward to them competing and representing the school with pride over the coming weeks.

A special mention must also go to our dedicated staff who guide and support our students to do their best and achieve these wonderful results. Without their commitment and dedication, Lavalla students would not always have the opportunities to realise their aspirations and I thank all our staff who continually go above and beyond, for their hard work and commitment to our students and our school.

### Parent/Teacher Interviews

Coming up next week we have Parent/Teacher interviews. As I have spoken to previously, Parent/Teacher interviews are important opportunities for parents to make meaningful connections with teachers and put into place clear strategies to drive student improvement. Encouraging young people to achieve personal



bests, avoiding comparison between themselves and others and recognising what they have accomplished and what they may be able to do better to achieve even more, is crucial to driving student improvement.

Following feedback from parents and staff, we have made some adjustments to Parent/Teacher interviews this semester. We are running interviews across two evenings, thus giving families more flexibility and opportunity to participate and to speak meaningfully with teachers. All interviews will be held online via Microsoft Teams, with specific information about making bookings sent home separately. I encourage parents and carers to make appointments as required and to work in partnership with your child's teachers to help drive student improvement and achievement.

### Save the Date

Coming up on the afternoon/evening of August 31, the College will be running a consultation session for interested parents in regards to our Master Plan. The

## Marist Game Changers

### Year 11 Game Changers

A group of 9 Yr 11 Game Changers students recently attended their annual Regional Retreat Day at Assumption College in Kilmore.

After a 6am start to our journey we arrived at Assumption College to share an amazing day of games, activities and reflection time with other Yr 11 Game Changers students from Assumption College, Galen College and Marcellin College.

New friendships were formed as the student's explored aspects of themselves and their faith journey together throughout the day.

An amazing group of young Marists.

To Sierra, Hollie, Alyssa, Darcie, Isobel, Chelsea, Jaclyn, Indiah and Ella, thank you for engaging in the day in such an enthusiastic, positive and reflective way.

We are now looking forward to our Twilight Retreat and Solidarity Experience later in the year.

### Year 9 Game Changers

The Year 9 Game Changers group attended their Regional Retreat Day in Melbourne on Friday 5th August.

Our students engaged in a fun day of games, activities and reflective activities, sharing the day with students from Marcellin College.

session will be facilitated by College Leadership and our partner Architects Y2. Coupled with our parent feedback survey from earlier this year, this consultation workshop presents a fantastic opportunity for parent and carer voices to be heard as we consult and collaborate in the development of our new College Master Plan. More specific information including times will be sent home to families in the coming days and I encourage anyone who wishes to contribute their thoughts and ideas to attend the consultation workshop.

### Prayers

Please continue to keep those members of our community who are sick or facing significant health challenges in your thoughts and prayers, as we ask St Marcellin and Mary our Good Mother to guide us with both wisdom and strength.

Regards RYAN GREER

The day was organised and run by the Victorian Marist Game Changers team. New friendships were formed throughout the day and our young Marists will now continue their Game Changers journey back at school. Well done and thank you to all who attended this fantastic day.

### Year 7 and 8 Game Changers

The Year 7 and 8 Game Changers groups will attend their Regional Retreat Day at Marcellin College in Bulleen on Friday 2nd September. More details to follow.

SUE COSTELLO  
Game Changers Coordinator



# Catholic Identity & Mission

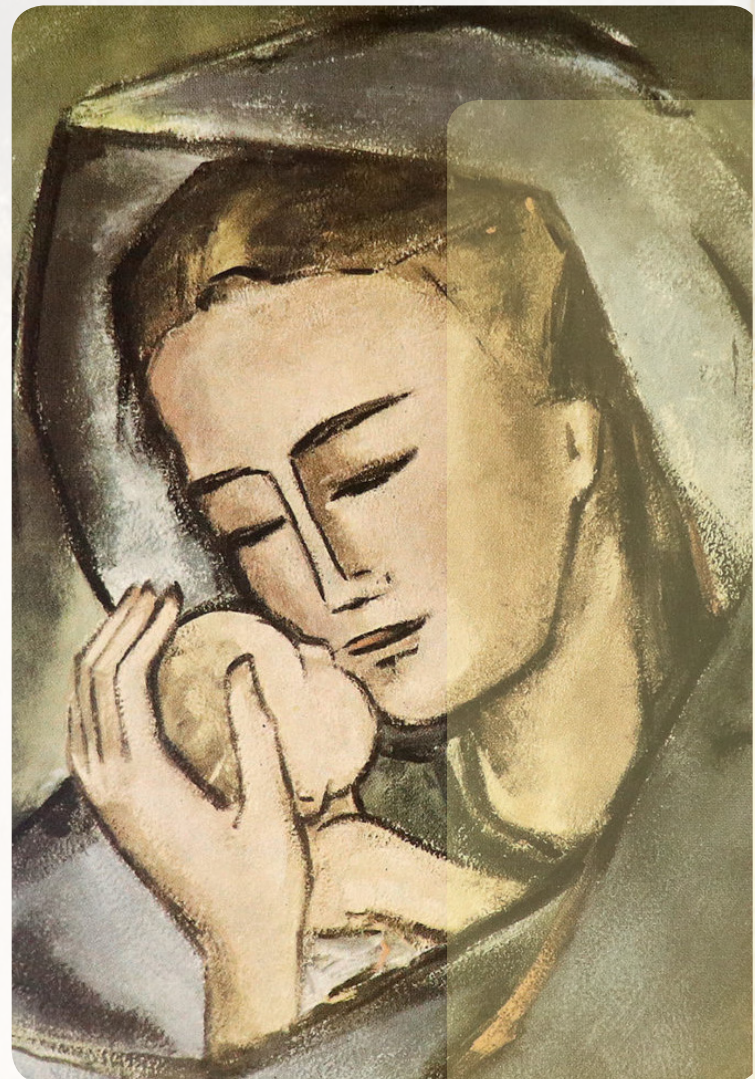
The Feast of the Assumption which was celebrated earlier this week, is celebrated throughout the world with processions, masses, picnics, town fairs and many other celebrations. In Australia we are somewhat more subdued in our religious celebrations, and often we can relegate such religious observance to being 'out of date' or no longer relevant to our lives. In our modern way of looking at the world, the Feast of the Assumption, the teaching of the Church that Mary was assumed into heaven, body and soul, at the end of her earthly life, can be difficult to understand. In fact, our understanding of who Mary really was can be limited by some cultural misunderstandings which have limited her 'connection' to our lives. Fr Richard Leonard writes that the New Testament accounts of Mary

As a Catholic school in the Marist tradition, we place before our staff and students an image of Mary as Jesus' first disciple: a woman of strength, courage and gentleness who is worthy of our attention. St Marcellin and his first brothers wanted to build a community dedicated to the work of Mary, in the way of Mary. We believe that this work requires of us an acceptance of others, in all their diversity, and requires us to embrace Mary's attitudes. Brother Michael Green writes that to do this is 'to discern God's will in [our] lives, and to do that through dialogue rather than passive and unquestioning submission.' (Christlife, 2019) May we learn how to slow down, to be more patient and to be strong like Mary in this way, listening for God's voice and the gentle encouragements of the spirit.

*[do] not demonstrate a meek woman, devoid of creativity and initiative. [The New Testament] shows a strong, noble woman who put her free will at the disposal of God's will. That is what the feast of the Assumption celebrates: that because God will never be outdone in fidelity and generosity, he remained utterly faithful to Mary through death, as she was utterly faithful to him in life.*

Richard Leonard SJ, [Liturgyhelp.com.au](http://Liturgyhelp.com.au)

ROBYN REBBECHI  
Assitant Principal  
Catholic Identity & Mission



Follow us on our Socials

# Celebrating Cultural Diversity

This week in our exploration of Lavalla's rich cultural heritage we travel a stone's throw across the Mediterranean, from Italy to the small island of Malta. The Latrobe Valley is home to one of the largest Maltese diasporas outside of Malta, with many students at Lavalla identifying with Maltese heritage. Malta has a unique and diverse food culture, with another two delicious recipes being shared with you in this issue. Please remember, no matter what cultural heritage you identify with, submissions are still open. Get your recipe in now!

To kick us off is year 10 student, **Nicholas Cassar** with

## Stuffat Ta Majjal (Pork Stew)

### Ingredients:

- 600g Pork belly
- 600g tomatoes
- 300g onions
- 200g peas
- 2 lemons freshly squeezed
- 5 garlic cloves
- 1 glass white wine oil
- Chilli pepper (optional)
- Oil
- Salt
- pepper

### Method:

1. Cut the pork into medium chunks, put the lemon juice, salt and pepper in a bowl and mix well. Marinate the pork in this marinade for 30 minutes.
2. Peel the onions, garlic and tomatoes and chop them in medium size pieces.
3. Heat some oil in a large saucepan and fry the onions and garlic to a golden colour.
4. Lower the heat, add the pork, chilli pepper if using and salt and pepper, mix well and continue cooking.
5. Add the wine, peas and tomatoes and mix well. Check to see if the mix needs more salt and pepper. Continue cooking for a further hour, always on a very low flame.
6. Check frequently so that the stew doesn't dry up. Add some warm water in case this happens.

Next, we have some scrumptious Maltese biscuits courtesy of Year 11 student, **Isabella Herben**.

Qaghq (pronounced 'ah') is a traditional Maltese biscuit that has been enjoyed by generations and my family has baked them before. They are great to share with family and friends.

## Qaghq (pronounced 'ah')

Makes 30 Biscuits.

### Ingredients:

- 550g self-raising flour
- 200g butter
- 150g caster sugar
- 2 eggs
- Zest and juice of 1 orange and 1 clementine
- 1 teaspoon ground cloves
- 1 tablespoon caraway seeds (you can also use aniseeds or fennel seeds)
- Extra flour for assisting in making the round biscuit shapes
- 1 small bowl of sesame seeds
- 1 extra lightly beaten egg and a pastry brush

### Method:

1. Sift the flour
2. Rub in the butter with the sifted flour mixture.
3. Add in the sugar, zest, ground cloves, caraway seeds, and eggs.
4. Slowly add in the juice until a soft dough is formed. You may not need all of the juice.
5. Chill in the fridge for about half an hour
6. Preheat oven to 200°C.
7. Using some flour if needed take a small golf ball sized piece of dough and form into a small thin sausage. Join the ends to form a circle.
8. Brush lightly with egg on the top of the biscuit and dip into the sesame seeds.
9. Place on a baking tray with baking paper.
10. Once the tray is filled place in the oven for 10 to 15 minutes until golden brown.



# Music News

On Tuesday the 2nd of August, our Senior Liturgical Choir ventured down to Box Hill to take part in the Victorian Schools Music Festival. This was a fantastic opportunity for our students who had the opportunity to perform to a live audience and panel of adjudicators at the Box Hill Arts Centre. Following their performance, they took part in an on-stage workshop with one of the specialist adjudicators and got to hear some outstanding performances from other school choirs. We are really pleased to announce that our Senior Choir was awarded a Platinum Shield for their performance of Joshua Fit the Battle of Jericho, Ancient City and Ipharadisi. This is a significant achievement for our choristers as there is no higher recognition awarded at this event and it is a real credit to our students' dedication to our rehearsals, commitment to one another as a community, and enjoyment of what they do as an ensemble to represent the College. After the performance, students were treated to the culinary delights offered at Box Hill Central as a celebratory dinner.

This past week we have also had our junior ensembles taking part in the 61st Yarram Eisteddfod. Our Junior Choir sang beautifully on the stage of the Regent Theatre, placing 2nd and 3rd in the choral sections, while our Training Band placed 1st against some stiff competition from two other competing schools in their first performance ever. Students

had a wonderful experience performing on stage to a really supportive audience and enjoyed lunch at the award winning Yarram Bakery after their sessions.

Our Annual Music Concert fast approaching Tuesday the 6th of September. We invite all members of our Lavalla community to come along and enjoy an evening of performances from each of our Concert Bands, Jazz Ensembles and Choirs. Each year, parents of our Music Support Group raise money for our music program to contribute towards the purchase of new equipment and subsidies select music events for our music students. Our Music Support Group would greatly appreciate the donation of items for the raffle that will be held at the Annual Music Concert. Raffle prizes will be gift hampers, so such items as boxes of chocolates, wine, car care goods, beauty products, gift vouchers, home décor, books, etc. would go a long way in helping us create some fantastic prizes to be won at the event. Thank you in advance for any raffle donations, which can be dropped off at either the St Paul's or Kildare Music Office's by Tuesday 30th of August.

Term 3 is always a busy time of year for our musicians, so please take note of the remaining events we have of the calendar this term and we hope to see you at some supporting the hard work of our amazing musicians.

SHANE LEBBE - Dir of Music & Liturgy



VSMF – Concert Band Session	Senior Concert Band	Friday 26 <sup>th</sup> August
Latrobe Valley Eisteddfod – Choral Session	Junior Choir Senior Choir	Monday 29 <sup>th</sup> August
Latrobe Valley Eisteddfod – Instrumental Session	Training Band Senior Band Senior Jazz Ensemble	Wednesday 31 <sup>st</sup> August
Annual Music Concert	All Ensembles	Tuesday 6 <sup>th</sup> September



# Lavalla Catholic College Music Support Group

*invites Parents, Students & Staff to the*

## 2022 ANNUAL MUSIC CONCERT

**Tuesday 6th September 2022**

**7pm**

**Kildare Campus Hall**

*Experience for yourself, the outstanding  
talent of our choirs & ensembles.*

**ENTRY:** Gold coin donation

**SUPPER:** Please bring a plate of food.  
Refreshments, tea & coffee supplied.

**LAVALLA**  
CATHOLIC COLLEGE



### 2022 ENSEMBLES

Training Band

Junior Choir

Jazz Ensemble

Concert Band

Senior Choir