



From the Principal

Dear Lavalla Families

This coming weekend at Mary Mackillop place in Sydney, The Marist Association of St. Marcellin Champagnat is holding its third National Assembly. The Marist Association is a spiritual faith community and expression of the contemporary Church in Australia. The Association provides a formal structure for leadership and governance of Marist ministries and the Marist mission, including our College's governing body Marist Schools Australia.

We have several delegates representing the Lavalla community at the conference, which amongst other areas, will focus on practical ways that our young people and our families can continue to find ways to animate or action their faith and strive to be people of genuine compassion and service, whilst nurturing their personal and their community's spiritual wellbeing. I look forward to feeding back the outcomes of the National Assembly to our community and working together over the coming months and years to further enhance our collective and personal understanding of Marist spirituality and how it reflects, enhances and inspires who we are and all that we do at our school.

Master Plan Parent Consultation

As previously flagged, the College will be running a Master Plan consultation session for interested parents and carers on Wednesday afternoon, August 31. Earlier this year parents and carers were surveyed regarding ideas, priorities and contributions they wished to put forward for our Master Plan. This session presents a further opportunity for parents and carers to contribute to the Master Plan process, guided by our partner architects Y2 and College Leadership.

Details are as follows:

Parent/Carer Master Plan Consultation Session

Date: Wednesday August 31

Time: 3:30pm – 5:15pm

Location: Marian Learning Centre (Library) St Paul's Campus. Please come via Reception for sign in

RSVP: by Tues 30th Aug to pa@lavalla.vic.edu.au

***Coffee, Tea and snacks provided for participants. Please do not attend if you have any Covid or Flu like symptoms. Masks and distancing encouraged.

Camps

Both our Yr7 and Yr9 cohorts have recently returned from their school camp experiences. Whilst our camp program was not without challenge from COVID and some weather conditions, both of these camp experiences were very successful. Students were provided with the opportunity to deepen their friendships and connection with peers and staff and to challenge themselves in ways outside of the classroom and normal school routines. When students are challenged in this way it is where personal and social-emotional growth occurs. We invest a significant amount of time and resources into providing these experiences for students and look forward to continuing to keep improving our camp and retreat program offerings.

When speaking of our camp and retreat program, special mention must go to our dedicated and committed Lavalla teachers and support staff, who work tirelessly to make the program possible. Ensuring the safety, wellbeing and success of these experiences requires an enormous amount of planning, compliance and sacrifice, as staff give up their time with their own families to ensure students are able to have the opportunities they do. It is important that their efforts are recognised and appreciated and I thank them for their dedication to the students at Lavalla.



Best Wishes

Best wishes to all Lavalla students who may be participating in finals across various sporting codes over the coming weeks. We wish you well; implore you to carry yourself with both pride and good sportsmanship, to do your best and most of all to have fun.

To those in our community who continue to battle sickness and ill-health, our thoughts and prayers remain with you. May St. Marcellin and Mary our Good Mother continue to watch over you through these challenging times.

Regards RYAN GREER

Music News

It's not too late for our year 7 students to take up music lessons and join our Band Program. If you are looking for a taste of the wonderful community that you could be a part of, why not come along to our Annual Music Concert on Tuesday the 13th of September at 7:00pm in the Kildare Hall?

This event is a fantastic opportunity for our community to celebrate the commitment and hard work of our music students, as they are treated to the musical delights of our Training Band and Concert Band, Jazz Ensemble, Junior and Senior Choirs. At this event, parents of our Music Support Group raise money for our music program to contribute towards the purchase of new equipment and subsidises 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 Offices by Tuesday 30th of August.

If the excitement is too much and you can't wait for our Annual Music Concert, you may wish to come along to the Traralgon Town Hall on the corner of Grey Street and Breed Street to support our Junior and Senior Choir as they compete in the Latrobe Valley Eisteddfod on Monday the 29th of August. There is a small entry fee and you will hear performances from not only our ensemble, but vocal groups from other local schools and the wider community. The Choral session begins at 6:00pm sharp.

We would also like to congratulate our Jazz Ensemble for a lively performance of Billie Holiday's 'God Bless' the Child and Alley Cat Struttin' by David Samuel at the St Paul's Awards Ceremony on Thursday the 25th of August. This performance featured improvised solos by Sally Lloyd-Webb, Grace Chapman, Chelsea McNamara and Malachi Sanders. The following day our Concert Band also ventured to the Hawthorn Performing Arts Centre to compete in the Victorian Schools Music Festival. This was a great performance opportunity for our students to showcase their work and receive some valuable feedback.

SHANE LEBBE - Dir of Music & Liturgy



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

Celebrating Cultural Diversity

Known and Loved
dignity for all

Hello and welcome back to our trip across the world through the food and culture of the Lavalla community. This week we take a plane, boat, or train, across the English Channel to small island of Great Britain. Despite this, there are many rich cultural differences across the British Isles. For your palates today, we have a hearty Vegetable Shank Soup from Scotland, and a sweet Victoria Sandwich from England. Please remember submissions remain open for recipes.

Vegetable Shank Soup

Isaac Friend in Year 9 sent in this Scottish dish:

Vegetable Shank Soup was originally made by my great grandparents in Scotland and has been passed through generations. My grandmother often makes this recipe on occasions and was taught how to make it when she was young. This recipe does not have exact measurements and quantities for some of the ingredients, please forgive this.

Ingredients:

- 3 Lamb Shanks
- Water
- A bunch of Celery chopped
- 2 Large Onions cut into small pieces
- 2 large bunches of Parsley chopped
- 2-3 cups Chickpeas
- 3 cups Barley
- 2-3 Carrots chopped
- Sweet Potato/Pumpkin chopped (about a cup or more)
- 1 White Turnip chopped
- Chicken Stock (stock cubes are easier and can be used)
- Any left-over vegetables or grains can be used (even leftover porridge oats)

Method:

1. The night before cooking put the barley and split peas in a container with water and leave to soak overnight, though if you are using a pressure cooker to make the soup you do not need to perform this step.
2. Place the lamb shanks in a large pot or pressure cooker with the water/stock base and warm up.
3. Slowly, little by little add the vegetables and grains into the mix. Start with the ingredients that will take longer to cook such as chickpeas, barley, split peas and then you can add the other vegetables; celery, parsley, onion, turnip, sweet potato/pumpkin and etc.
4. Simmer for around 2-3 hours until meat is tender and pulls off the bone and the vegetables are soft.

Enjoy.

Note: The soup can be served immediately after cooked or can be kept and frozen for later use.

Victoria Sponge

Ms Murrell has offered up this wonderful dessert:

This cake (Victoria Sponge) was apparently a favourite of Queen Victoria and does not go stale like other forms of sponges. Best served for afternoon tea.

Ingredients

- 4 eggs
- Weigh the eggs and then weigh out the weight of the eggs in SR flour, caster sugar and butter.
- 2 tsp baking powder

To serve

- Jam
- Whipped cream (optional – this is not traditional)

Method

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease and line two 20cm/8in sandwich tins. Use a piece of baking paper to rub a little butter around the inside of the tins until the sides and base are lightly coated, then line the bottom with a circle of baking paper.
2. Cream sugar and butter until pale and light. Add eggs one at a time and beat into mix. Sieve flour and baking powder into the mixture and fold in gently, using a metal spoon.
3. Divide the mixture evenly between the tins.
4. Bake the cakes on the middle shelf of the oven for 25 minutes. Check them after 20 minutes. The cakes are done when they're golden-brown and coming away from the edge of the tins. Press them gently to check – they should be springy to the touch. Set aside to cool in their tins for 5 minutes. Run a palette or rounded butter knife around the inside edge of the tins and carefully turn the cakes out onto a cooling rack.
5. To assemble the cake, place one cake upside down onto a plate and spread it with plenty of jam. If you want to, you can spread over whipped cream too. Top with the second cake, top-side up. Sprinkle over the caster sugar.



MILES VERSCHUUR
Cultural Leader

Year 7 Camps

What a wonderful 8 days of Year 7 Camps filled with adventure, friendships, team work and fun! We finally arrived at Mill Valley Ranch in Tynong North switching from a summer to a winter style camp, with all students embracing the cold and the winter activities offered. Students participated in mountain bike riding, low ropes course, archery, horse riding, commando course and disc golf. Our first 'Survivor' themed camp proved to be a success with students displaying their competitive side when participating in the tribe challenges against the other homerooms. The challenges encouraged team work, resilience, cooperation and leadership with a final

Amazing Race that took them on an adventure filled with challenges around the entire camp site and then finished with a large wooden puzzle task. Our winning homerooms from each camp were; 7.1 (Team Membrey), 7.5 (Team Bianconi) and 7.7 (Team Dore). These homerooms will participate in a final tribe challenge at school to determine who our champion 'survivors' are.

NATALIE MacPHERSON
Year 7 Wellbeing Leader

Student Reflections

I enjoyed camp because of all the different activities we got to participate in such as; archery, mountain bike riding, low ropes course and horse riding. I like horse riding and archery the best as these two were very different experiences especially with the horses because on our camp a lot of people got to experience horse riding for the first time and most of the people there enjoyed the horse riding when they thought they wouldn't. All round the camp was a fun experience and we all thoroughly enjoyed it.

Archer Stannistreet – 7.3

Year 7 Camp was awesome some of the fun activities we did were; mountain bike riding and archery. My friends and I worked out that the Mill Valley Ranch Staff have very good archery skills as they didn't miss the target. Horse riding was my favourite activity. The cabins were so big. On the first night we went on a night hike which was awesome we didn't see any wildlife, but it was just so nice to relax and look at the stars. I would like to give a big thanks to Mill Valley Ranch and the Year 7 Teachers for an awesome camp. I will treasure these memories.

Karla Murdoch – 7.5

My camp experience was full of fun, friends, and laughs. Night hikes, mountain biking, horse riding and team challenges all helped create memories that will last a lifetime. My favourite part of camp was spending time with my friends between activities and getting to know them even better than before. It was an amazing experience!

Emma Farley – 7.5

This year's Year 7 camp was held at Mill Valley Ranch. My name is Nikita Gils, and I was part of Camp 2. I found this camp to be a new and different experience. We were able to participate in various activities like horse riding, mountain bike riding, a commando course, and many other exciting activities. My favourite activity was horse riding because I learned how to control and lead a horse. We were required to work together in many activities during camp and I think all that all the classes have developed great teamwork, cooperation and leadership skills, through these fun and exciting challenges. Additionally, I think this strengthened our bonds and allowed us to form new friendships.

Nikita Gils – 7.4

This was the best camp ever! Arriving at camp on the bus our eyes were captured by the sight of a small town from the 1800's. At camp there were many places to visit, from the little cowboy chapel to cabins that resembled a barber shop and Cob n Co, old shops, and a big barn to have fun and free time together. There was even a warm fire where we could warm up and play or listen to songs on the piano. Our favourite activity of this camp was the horse riding as we learnt how to ride, trot, steer and control the horse. There were also little chicks a week old, we all had fun holding them and making up names for them. We also really enjoyed the competitiveness of the 'Immunity Idols', as these give the teams 'immunity'. Affability throughout camp diminished when this task came into play. To conclude, year 7 camp 2022 was a great time, filled with laughing, chatting, joking and connecting with our friends in a different social setting, which was great!

Aine Doherty and Violet Blackford – 7.9

Year 7 Camps



NAIDOC Week

Earlier this Term, the Lavalla community celebrated NAIDOC Week in connection with the local Aboriginal community. NAIDOC (National Aboriginal and Islander Day Observance Committee) Week celebrates the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. It is the most significant celebration on the Aboriginal calendar. Lavalla's NAIDOC Week celebrations were organized with consultation and guidance from elders from Gunai-Kurnai elders.

The theme for 2022 was 'Get Up, Stand Up, and Show Up'. We had informative and interactive displays in the libraries at both campuses, including a call to action, related to this year's theme, which students responded to. Students also participated in some homeroom activities to broaden their understanding of Aboriginal and Torres Strait Islander Culture. The focus of these were the Uluru Statement from the Heart, and Colonial Frontier Violence.



MILES VERSCHUUR

Cultural Leader

Make A Difference Week 5th - 9th September

This main fundraising week organised by the Year 11 Ministry class will focus on raising awareness and much needed money for Micks Kitchen, run through our local parish in Traralgon and Marist Solidarity.

Micks Kitchen provides healthy meals and a safe place to meet for those in need in our community. It is a locally run parish program that we have a connection to. The funds we raise will support the program and people in need in our own communities.

Marist Solidarity works to ensure all young people have access to education. Being a Marist School and with this connection we would love to raise funds to support educational opportunities for students in our local and global Marist communities.

Posters, displays and videos have been created by the Year 11 Ministry class to promote this week in Homerooms, LA groups and around the school.

There will be events running across both campuses during this week and we would love your support. We are encouraging all students to start collecting coins and bringing them in to Homerooms and LA's to make a difference to those in need.

We look forward to all of the support from our Lavalla community. Stay tuned for more details on our Facebook page.

SUE COSTELLO

Religious Education Leader




MAKE A DIFFERENCE WEEK

WHEN ?
5th - 9th September

WHAT ?
Monday - Donate a Coin Day
Tuesday - UNO Competition: Gold Coin Donation
Thursday - Solve the mystery of the missing teachers: Gold Coin Donation
Friday - Dodgeball Competition: Gold Coin Donation

WHY ?
Make a Difference Week is raising awareness and money for Marist Solidarity and Mick's Kitchen in Traralgon

START SAVING YOUR MONEY!



**“GOOD MANNERS
are just a way
of showing
other people
that we have
RESPECT for them”**

Bill Kelly

PPPEP TALK

PERIODS, PAIN, ENDOMETRIOSIS PROGRAM

This year we are happy to welcome the Pelvic Pain Foundation of Australia (PPFA) to our school and I would like to invite interested students to attend. PPFA is committed to supporting teenagers who suffer severe period pain, pelvic pain and endometriosis to allow them to fulfil their potential and live their best life possible.

The PPFA session will be offered to our **year 10, 11 and 12 students on October 5th**. If your child has a specific interest in health, or suffers from any type of pelvic pain and would like to attend, please contact School Nurse Ashleigh Thain ASAP to secure a position as we have limited spaces available.

There will be a follow up session online on Wednesday the 19th October at 8:00pm. These events are absolutely FREE. Please see the attached flyer for more information on the online event and for booking details.

www.pelvicpain.org.au



Three Violet Awards

TERM 3



Simplicity Award Recipients



Brielle Watson - 7.1



Scarlett Reid - 8.3



Angus Vella - 9.3

Modesty Award Recipients



Monet Flores - 7.5



Tahlia Smith - 8.2



Sarah Williams - 9.8

Humility Award Recipients



Nicholas Dunne - 7.6



Noah Seddon - 8.4



Meg Derham - 9.3