



From the Principal

Dear Lavalla Families

With term break nearly upon us, it is prudent to take the time to reflect on what has been an incredibly productive term at Lavalla.

Whether it be celebrating academic improvement, diligence or excellence; championing successful year level and sporting camps; celebrating success across a range of sports such as basketball, football, netball, soccer, athletics, equestrian and shooting; or applauding the incredible talents of our musicians, choirs and artists, this term has showcased the wonderfully diverse array of talents, which we nurture and develop at Lavalla.

It is a credit to our whole community including students, parents and staff, that we are able to provide such a breadth and depth of enriching and fulfilling opportunities in which our young people may flourish. All of this is the sign of a healthy school; a school that caters for diverse interests and talents and is able to share and celebrate success across such a wide spectrum of domains.

Annual Concert

This week I had the pleasure of attending the College's annual music concert. Whilst the pandemic has meant the concert has not been able to be held for the last few years, it returned in style and was a vibrant and passionate community evening, which showcased the exceptional musical talent that our students possess.

As I remarked to the audience on the evening, it is often said that a school's culture may be judged by the strength of its creative and performing arts program. Based on the quality of the performances from our students, it is safe

to say that our culture at Lavalla is very strong and will continue to strengthen.

Congratulations go to all of our student performers. Many would never have performed in front of such a large and appreciative audience and for both our junior and senior students, this will no doubt be a highlight of the year.

Congratulations also go to Mr Lebbe and his entire music team for the many hours of expert preparation and guidance, and for staging such a wonderful community event.

Make a Difference Week

I have written often this year of the very special call to serve others that Christians and those within Faith communities like our school, should respond to. Late this term the College celebrated Make a Difference Week; a week dedicated, as the name suggests, to making a difference in our world for those most in need. Through building understanding, donating time, relationship and funds, our school community was able to answer this call from God to serve others in many varied ways. These achievements are celebrated later in this newsletter.

Thankyou to Ms Costello and her team for creating so many wonderful opportunities for students.

Year 12

Please keep our Year 12 students in your thoughts as they prepare to undertake their final term of formal schooling. Whilst we will be celebrating this wonderful achievement as a school community next term, we acknowledge the mixed emotions that they (and many of their parents!) are currently feeling. We wish them well for their exams, know that they will study hard and give their best and also walk proudly together with them as they prepare to celebrate a significant life milestone and graduate from school.



Holiday break

I trust that all students and staff will have a restful and renewing term break. For those who are travelling I wish you a safe and enjoyable time. For all families, I hope that you return refreshed and ready to complete the final term of the school year.

May Mary our Good Mother and St. Marcellin look over our community, keep us all safe and continue to guide us with both wisdom and strength.

Regards RYAN GREER

Catholic Identity & Mission

Many activities: One Mission

We all know that schools are full of busy activities and events, and this term has been no different. In fact it seems as if we are now even busier, as we try to re-start some of the activities which were not permitted over the past two years due to covid restrictions.

We look back over this term and can see we've provided opportunities for students to reflect and learn about themselves, in events such as the Year 11 Retreats. We can see the establishment of small communities

of students via the Marist Game Changers groups, and the many hours which have gone into building a sense of community within those groups over Year 7 to Year 11. Our students have participated in reflection days and events with students from other Marist schools as part of the Game Changers program, and have really appreciated the chance to meet other students and make their own networks broader.

Recently we have had a focus on Make a Difference Week, with activities designed by the Year 11 Ministry students to raise awareness and much needed funds for Marist Solidarity and Mick's Kitchen, here in Traralgon. Among other activities, students played dodge-ball, made coin lines, played Uno and completed a treasure hunt to find some missing teachers: all as a way of promoting the work of these organisations and how they make a difference in the world, and raising money to support their work.

Why do we do all of these things, when school life is busy enough? It is because we want to emphasise our main mission: to show students that they are known and loved by God, and to help them to think about how their actions can uphold the human dignity of others.

Human dignity is the heartbeat of the Gospel, Catholic Social Teaching and our Marist story:

"Love one another as Jesus Christ has loved you... May it be said of the Little Brothers of Mary as of the first Christians: 'See how they love one another'" (Marcellin Champagnat).

Let our prayer be that everyone, especially the least, lost, and invisible are 'known and loved' as we strive to uphold, restore and defend the dignity for all.

Tony Clarke, Director of Marist Mission and Life Formation,
Theme resources 2022

2022 SEASON OF CREATION PRAYER



Creator of All,
From your communion of love your Word went forth to
create a symphony of life that sings your praise.

By your Holy Wisdom you made the Earth to bring forth a
diversity of creatures who praise you in their being. You
called human beings to till and keep your garden. But we
turn in on ourselves and away from our co-creatures.

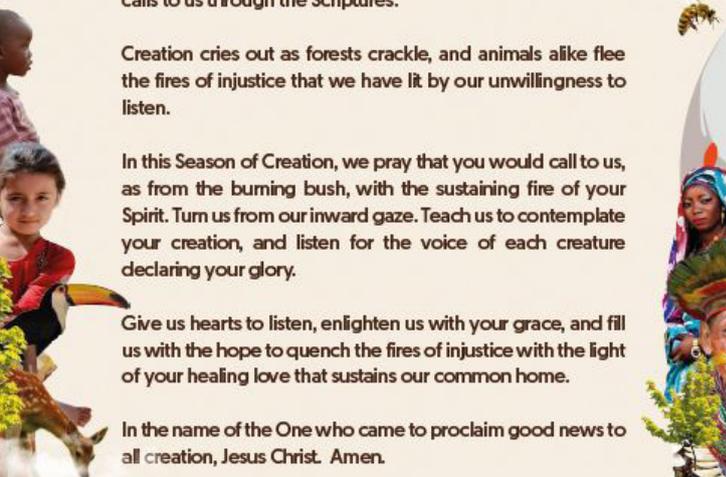
We fail to listen to the cries of the poor and the needs of the
most vulnerable. We silence the voices of those who hold
the traditions that teach us to care for the Earth. We close our
ears to your creative, reconciling and sustaining Word that
calls to us through the Scriptures.

Creation cries out as forests crackle, and animals alike flee
the fires of injustice that we have lit by our unwillingness to
listen.

In this Season of Creation, we pray that you would call to us,
as from the burning bush, with the sustaining fire of your
Spirit. Turn us from our inward gaze. Teach us to contemplate
your creation, and listen for the voice of each creature
declaring your glory.

Give us hearts to listen, enlighten us with your grace, and fill
us with the hope to quench the fires of injustice with the light
of your healing love that sustains our common home.

In the name of the One who came to proclaim good news to
all creation, Jesus Christ. Amen.



Celebrating Cultural Diversity

Hello and welcome back to our trip across the world through the food and culture of the Lavalla community. For our final newsletter of the term, we are going to the birthplace of Pythagoras theorem, Greece! This nation of over 6,000 islands has a rich Mediterranean food culture, which has integrated into Australian cuisine. To fill your stomachs over the term 3 break, Annie Day and John Marcou have contributed recipes from their yiayia. We hope you have enjoyed the food tour this term. Please send in your recipes no matter what culture they are from. We cannot wait to try your dishes

“These Recipes were adapted from Anastasia Mitsios. She has been living in Australia since 1964, she has 4 daughters and 9 grandchildren. She was taught these recipes from her mother and grandmother throughout her life and they are very special to her and her family. She loves to cook and can’t wait to pass these recipes down to her grandchildren too.”

Egg, Leek and Cheese Pie

In Greek : Prasopita – πρασόπιτα

- 12-15 Filo sheets
- 700g leeks sliced
- 3-4 spring onions, chopped
- ½ glass white wine
- 2 egg yolk
- 1 cup of milk
- 150g feta cheese crumbled
- 250g grated cheese
- Salt and pepper
- Olive oil to prep the pan
- 1 egg and 1 tsp of water to brush the top

Start by making the filling. Wash the leeks and trim them, keeping only the white part and cut in slices.

1. Heat a saucepan, add olive oil, the leeks and spring onion and season with salt and pepper. Stir until tender. Glaze with the white wine and wait for it to evaporate. Remove the pan from the stove and allow them to cool down for a while.
2. In a bowl add 1 egg yolk and the milk and whisk. Stir in the leek’s mixture, feta cheese, grated cheese, season with pepper and blend to combine.
3. Brush a medium sized baking tray with olive oil and lay one sheet of Filo pastry. Brush the Filo sheet with olive oil or melted butter and continue with 5-6 more Filo sheets brushing each one with olive oil. Tip in the filling and even out. Trim some of the excessive Filo and fold the excess Filo sheets flaps over the mixture. Add 5-6 more Filo sheets, making sure to oil each one, before adding the other. Trim some of the excessive Filo and roll the rest on the edges.

4. In a bowl whisk the egg and the water, brush the top the leek pie and scar into pieces. Bake in preheated oven at 180C for about 50 minutes, until nicely coloured.

Enjoy this traditional vegetarian Greek leek pie as a filling snack or as light meal.

Greek Desert

In Greek : Loukoumades

Ingredients:

- 2 cups of white all-purpose flour
- 1 cup / 240 ml lukewarm water
- ½ cup lukewarm almond milk
- 1 sachet (7 g) dry instant yeast
- 1 tbsp sugar
- pinch of salt
- 1tbsp oil + more for frying
- ½ cup / 120 ml maple syrup
- 1 orange (¼ cup / 60 ml orange juice + orange & zest)
- cinnamon
- handful of pistachios or walnuts, very finely chopped

1. Mix all the dry ingredients together including yeast. Then add lukewarm water and milk and mix well until you get a runny batter.
2. Cover with a piece of cling wrap and rest it for about 1-2 hours until dough triples in size and there are lots of air bubbles visible.
3. Once the dough is ready, heat up a small pot with oil on the stove. Once the oil is hot, dip a teaspoon in it and then scoop a teaspoon of the dough and gently drop it into hot oil. Give the dough a good stir in between batches.
4. Fry about 4 loukoumades at one time. Make sure you flip them now and again to be sure they are cooked evenly.
5. Once your loukoumades are golden brown all over, fish them out of the oil with a fork or a slotted spoon and place them on a few layers of kitchen roll to get rid of excess oil.
6. Pour hot syrup over your loukoumades.

For syrup:

1. Put Maple syrup 60 ml of orange juice and cinnamon in a sauce pan
2. Boil mixture for 15min until syrup becomes thick
3. Pour. Hot syrup over hot loukoumades.

History Month is coming!...

October is History month!

At Lavalla, staff and students will be part of the celebrations planned for this event.

So far this year history students from years 7 to 10 have participated in the Australian History Competition. This week certificates were presented to Year 10 students. Congratulations to Robert Nicholls and Paul Antonopoulos for achieving a Distinction and Joshua Dibble for gaining a High Distinction.

During an Assembly, at the beginning of Term 4, students from years 7 to 9 will have their success in this competition celebrated.

History classes across the College have travelled to significant places to view artefacts and access information and expert knowledge. Year 10 students have travelled to Melbourne to visit the Melbourne Library, the Koorie Heritage Centre and the Shrine of Remembrance as they investigated Rights and Freedoms and World War II. More recently, Year 11 students travelled to the National Vietnam Veteran's Museum on Phillip Island as part of their study of the Cold War.

History Month will feature a number of activities including:

- Guest speaker Lambis Engelzos AM speaking to our Year 9 students about World War I and his work in helping to find the lost diggers of Fromelles
- Static displays of student work on show in the Marion Centre as well as interesting historical information
- Quizzes and competitions
- And much, much more

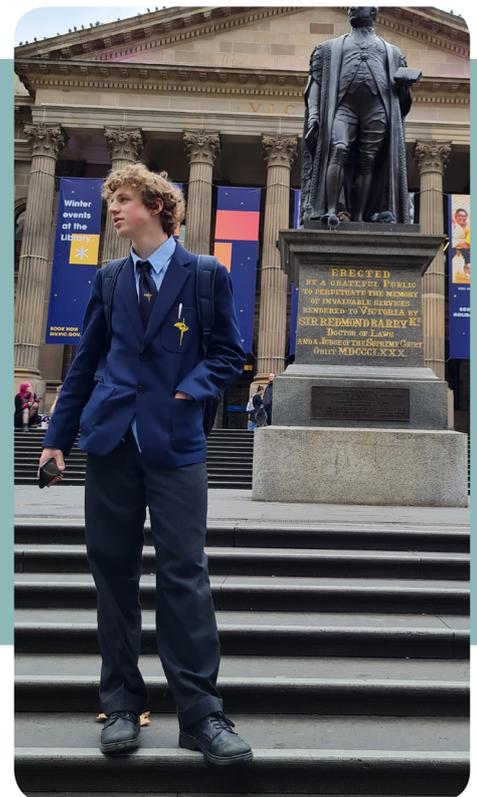


History Month organiser and Humanities teacher, Ms Molly Archibald, is eager to have staff and students involved in the many activities which will be held throughout the month of October.

History Month is supported by the Royal Historical Society of Victoria. This website features events that will be held in Victoria as well as interstate; historymonth.org.au

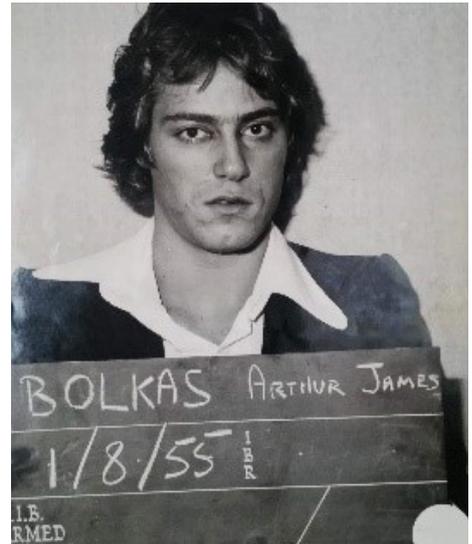
KIM WIDRICH

Humanities Leader



Legal Studies Incursion

Recently, the Year 11 Legal Studies class had the opportunity to participate in a presentation about the Prison System. Arthur Bolkas, a criminologist and ex-prisoner delivered a highly engaging, passionate and thought-provoking presentation, encouraging students to think critically about crime, the operation of the prison system and its ability to rehabilitate.



Student Reflections

This was a really, beneficial opportunity for our VCE class and for the purposes of learning about sanctions – specifically, imprisonment, the most severe punishment of the Victorian legal system in a real-life situation. Being able to see Arthur in person, and hearing what he truly felt, really spoke to us and enabled us to develop a connection with what he had been through. Sharing his story put us all back into reality about how quickly things can spiral and get out of hand. There were many messages and themes that he demonstrated, making it such an educational experience. I know the entire class benefitted from his story- to see how far things can go down, but how by one's choices everything can be, turned around for the better. He didn't have to come in and share a range of personal details but he did and it was greatly appreciated. At the beginning of his presentation, the PowerPoint that played along with the song was touching and emotional and really put things again into perspective for us that this really does happen and isn't just a movie or TV show. (Jasmine)

I found the presentation changed my perspective of criminals and I thought it was, really good how we got to, learn about the background of criminals. (Quin)

I think the presentation was really, insightful. Arthur shone a different light on the prison environment and rehabilitation, helping us understand how the different environments of prisons and the approach to which prisons have towards the prisoners may affect whether the prisoners are actually, rehabilitated. It was, brought to our attention that those prisons that have a more therapeutic approach such as Norway, are less likely to have their prisoners return, therefore more prisoners are actually, rehabilitated. I thought that was very interesting and changed my thoughts on how a prison's environment should be. (Sienna)

I really enjoyed listening to Arthur Bolkas' story and the way the prison system works. I got a good insight into the way people are, treated in the prison system and the way the system works. I enjoyed watching the opening PowerPoint which opened my eyes to what the inside of prisons look like around the world. (Abbey)

I really enjoyed listening to the stories that were, told and the information was interesting. Definitely was intrigued about Mr Bolkas' experiences, he was engaging and made the presentation memorable. (John)

The insight to the prison system that we were, provided with expanded my knowledge and will remain with me for a long time. (Ciara)

Make A Difference Week 5th - 9th September

Marist Game Changers

Our Game Changers program is up and running in Years 7, 8, 9, 10 and 11 which is fantastic.

Groups meet fortnightly with their group leaders and follow their respective tracks:

Year 7 and 8: Le Rosey Track

Year 9 and 10: La Valla Track

Year 11 and 12: Hermitage Track

If anyone would like further information on the Game Changers program please feel free to contact me.

Regional Game Changers Retreat Day

A group of very enthusiastic students from the Year 7 and 8 Game Changers groups attended their regional retreat day recently at Marcellin College in Bulleen. This was another great opportunity to further immerse our students in Game Changers.

During the day they engaged in a variety of activities, discussions and games with students from other Marist schools.

A great day and a great way to connect with other young Marists in Victoria in Years 7 and 8. All students were very positive about their experiences on the day.

Year 11 Game Changers Twilight Retreat

A group of 10 Year 11 Game Changers attended their Twilight Retreat on Friday 9th of September at the Marist Centre in Brunswick with students from Mary Meade and Assumption College. The retreat provided opportunities for prayer, connection, many laughs, theatre sports, discussion and activities based around the theme of The Road to Emmaus. After a shared dinner together as a Marist community, the night concluded with a beautiful prayer service in the chapel where everyone had a chance to reflect on their own Emmaus journey and share Marist Hearts with each other.

The journey continues with an incredible group of young Marists.

Make a Difference Week

During the week of 5th to the 9th of September, Make a Difference Week was held across both campuses at Lavalla to raise awareness and much needed funds for Mick's Kitchen in Traralgon and Marist Solidarity.

Mick's 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 raised 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 raise funds to support educational opportunities for students in our local and global Marist communities.

Students and staff participated in a variety of fundraising and awareness raising events across both campuses. Events included UNO events, Dodgeball events, Solve the Case of the Missing Teachers, Coin Trails, Coin Bucket Throw and Coin Art.

The Year 11 Ministry class organised Make a Difference Week creating posters, displays, videos and organising and running events.

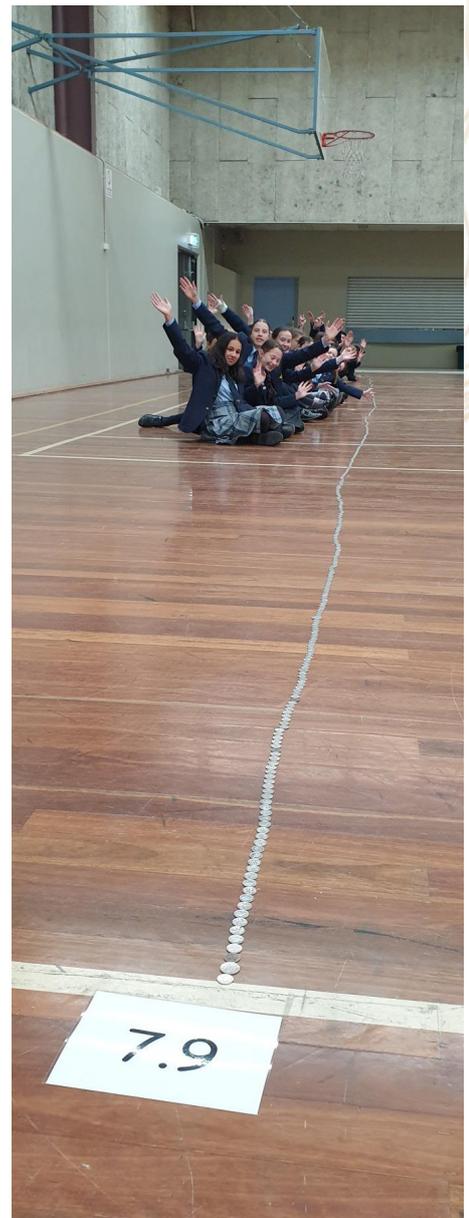
A huge thankyou to the Year 11 Ministry class for all of their work and to everyone else for your support in MAKING A DIFFERENCE to others.

SUE COSTELLO

Religious Education Leader



Make A Difference Week Activities



RUOK Week 12th - 16th September



Music

After a three year hiatus, we were again able to celebrate the work of our musicians at our Annual Music Concert. Tuesday night saw our audience of 300+ enthralled by the electrifying performances of our ensembles as they proudly took to the stage. It was wonderful to see such a supportive community gathered to enjoy and appreciate the hard work and dedication of our musicians. All who attended were also treated to a delightful supper and exciting raffle, thanks to the generosity of our music families and extended community. Congratulations to our Junior Choir, Senior Liturgical Choir, Training Band, Concert Band and Jazz Ensemble for a wonderful evening of music making.

We would also like to congratulate Benjamin Ramsay as the recipient of the Alexandra Terranova Memorial Award. As a student a couple of years below Alex myself, I remember looking up to her as a model music student and generous leader of our music department. Alex demonstrated a deep commitment to our musical community, broadly involved in all of our ensembles. This, coupled with a rigorous work ethic, gifted mind, compassionate heart and a healthy streak of sarcasm, gave each of us a real sense of what we should strive for and the kind of community we wanted to foster. Ben has proudly emulated these qualities since year 7 and been

a keen and committed member of all of our ensembles, including our Jazz Ensemble, a group that was particularly meaningful to Alex.

Earlier in the year our ensembles were lucky enough to share the stage of the Gippsland Performance Arts Centre with the Latrobe Orchestra. This was a hugely successful event for all involved and we'd like to thank the Latrobe Orchestra for recognising the contribution of our music department with the donation of a Crash Cymbal and Snare Drum Stand. This donation was received on Thursday evening by representatives of our Music Department who are members of both groups. We are really grateful for the ongoing connection we have been able to forge to help ensure students from our College have a place to make music in the community even beyond their school years and look forward to the opportunity to collaborate in the future.

Thank you to our community for all of the support of our musicians throughout what has been an eventful and rewarding term. We wish everyone a restful break and are looking forward to more music making in Term 4 – happy practising.

SHANE LEBBE

Dir of Music & Liturgy

