

# THE LORETO LARK

SCHOOL NEWS WRITTEN BY STUDENTS, FOR STUDENTS



## INTRODUCING THE LORETO LARK

BY WINTER GREET

But what is a lark? Larks are simple songbirds, labelled “dull” in complexion by some, yet renowned through literature, culture and mythology as the herald of the morning, calling the world to rise from its sleep with beautiful melody.

Beyond literary fancies, the lark has a more commonplace definition. By the 19th century, the expression “to lark about” was used to describe “getting up to mischief”/“to have a laugh.”

This definition has two prominent theories, deriving from a mispronunciation of the Yorkshire dialectic “lake,”

meaning to “amuse oneself” (circa 1350), or, as a reference to the aerobatic antics of the skylark around the mast of a ship, transferred to describe the actions of sailors who would play around the rigging.

With both of these definitions in mind, The Loreto Lark seeks to inspire and reflect both the beauty of its students, and their ability to enjoy themselves in a world that cannot awake until their call. This paper brings together the essence of the Loreto spirit through the eyes and voices of its students and the Felicitous Life program. With these aspects hand in hand, the lark calls, opening the world to the new dawn.

“Thinking is to man what flying is to birds. Don’t follow the example of a chicken when you could be a lark.” - Albert Einstein

### IN THIS ISSUE:

WHAT IT MEANS TO BE A  
LORETO GIRL

YEAR 7 & YEAR 12 Q&A

INTERVIEW WITH  
MS POTTER

A YEAR 7'S FIRST DAY

MOTIVATION

# WHAT IT MEANS TO BE A LORETO GIRL

BY JESS SHEEHAN

As I come into the Loreto community I ask myself, what makes a good Loreto girl and what does it mean to be one? The five virtues are important to respect and to live by. The values are Freedom, Justice, Verity, Sincerity and Felicity. This year's value is Justice and we strive to live by it and create more of it in the world we live in but also to have kindness and to be proud of our history.

Values are how we seek to live our lives at Loreto College. Across the world so many girls aim to live by the virtues of the Loreto Sisters. The five principles of which we all try to live by are extremely important in living a positive life. Felicity is to be in a state of happiness. Justice is the quality of being just and fair. Verity is to always be true. Freedom is to be free. Sincerity is to be free from deceit and hypocrisy. We are privileged to live our lives with these instilled in our minds as Loreto girls.

To be a true Loreto girl means that you have kindness and empathy. You have the skills of teamwork, trust in your friends and confidence in your abilities.

“Nerves? What nerves!?”



A Loreto girl suggests that you look out for one another and look for a way to create more of our five values in the world, to enhance our talents and encourage others to do the same. To be a Loreto girl is to be true to our values and to make a positive impact on the earth.

## A YEAR 7'S FIRST DAY

BY SOPHIE JOHN

Busy corridors, a lot of unknown girls, and nerves. The first day of high school is terrifying. Exciting, but terrifying!

I walked into my Mentor room, not knowing anyone. I sat down with a girl I hadn't met before, started talking and now we are best friends. No one needed to worry!

Our Mentor Teachers had us doing fun “getting to know you” activities and by the end of the next few days we all knew everyone in our Mentor group.

While the prospect of all the new and different subjects was daunting at first, the teachers were all able to reassure us that we would be able to manage the work load; if we were organised!

After our Mentor Teachers showed us how to set-up our planners; organising our homework was easy!

Nerves? What nerves!?! Transitioning to Loreto has been an amazingly positive experience and I can't wait for more! Term 2, bring it on!





## A YEAR 7 AND YEAR 12 Q&A

### What is life like as a Year 12?

**Interview with Debbie Higgins (Year 12)**  
**Question by Olivia Beer (Year 7)**

Year 12 is super fun but also really stressful. I have so much work to do that I feel like I am spending my whole life doing schoolwork, but at the same time, I have been doing so many fun things. I loved swimming sports this year and I am super excited by events like the International Women's Day Breakfast and Walkathon.

### Which year at Loreto was your favourite and why?

**Interview with Morgan Pearce, (Year 12)**  
**Question by Kailah Scott (Year 7)**

Year 9 was my favourite year at Loreto! It was jam packed with fun camps, amazing races and so many excursions and fun days. Outdoor Ed was one of my all-time favourite experiences at Loreto; it was so great to get to know different girls and do so many different activities!

### What is different between Year 11 and 12?

**Interview with Liv Dunn (Year 12)**  
**Question by Emma Bennett (Year 7)**

Year 11 and Year 12 are so vastly different from each other. The beginning of Year 12 is such a shock and most people really struggle with the first 2 weeks of school because nothing can prepare you for your final year. But everyone gets used to it and you band together through the stress and tears and are able to make it through each week.

Year 12 forces you to become more mature, but at the same time, you appreciate things more, especially the times where you could nap for 4 hours and not feel guilty about it. The good old days.

### What was your favourite subject in Year 7?

**Interview with Eliza Martino (Year 12)**  
**Question by Ruby Hill (Year 7)**

My favourite subject in year 7 was definitely Food Tech. It was such a different learning environment and you got to work with heaps of different people. Plus, you got food at the end of it!

## AN INTERVIEW WITH MS POTTER

BY ZOE BARTRUM

We decided to try find out more about our school principal, who is also a maths teacher.

Here is what we found:

Zoe: Let's start with some fun questions. What is your favourite animal and colour?

Ms Potter: Okay Zoe, my favourite animal is the wombat. My parents would read me stories about a wombat when I was a kid. And blue is my favourite colour.

Zoe: Thanks, and what is your favourite book? Or author?

Ms Potter: My favourite book when I was a child was the Billabong series. Now I like Jane Austen and Monica McInerney, also many detective books.

Zoe: Good authors. So, what has been the best time in your life so far?

Ms Potter: Oh, there are too many. Life is full of moments, we must enjoy them all.

Zoe: That actually leads me onto my next question. Do you have any advice for students of any year level?

Ms Potter: Any year? Okay. Be open to new possibilities and don't be worried about getting something wrong. We learn from our mistakes and do better next time.

Zoe: Good advice. Now some fun questions again. What is your favourite AFL team and TV show?

Ms Potter: Melbourne, definitely the Melbourne footy club. As for the TV show, I love Call The Midwife.

Zoe: So, what is your first memory at Loreto?

Ms Potter: My first memory of Loreto is of a Year 9 student who said 'you are going to love it at Loreto', and I do!



Zoe: Okay, the second last question now. What school value do you think is the most important one?

Ms Potter: I think that all of the values are important and connected, even though we focus on one a year.

Zoe: The last question now. Have you ever faced difficulties to get where you are now? And any advice you have to overcome it.

Ms Potter: There is always a big workload, and to that I say work hard and enjoy what you do. Nothing worth doing is ever easy.

Zoe: Thank you Ms Potter, but before I go is there anything else you would like to add?

Ms Potter: Yes, I think this is a wonderful idea. I was actually editor of my school newspaper and year book when I was in Year 12.

Zoe: Thank you for your time Ms Potter.



*My first memory of Loreto is of a Year 9 student who said 'you are going to love it at Loreto', and I do!*

## MOTIVATION

BY WINTER GREET

So you've been told to "get involved" but with that constant everlasting, ever multiplying pile of homework, you might not see the benefit in more commitments. Research has proven that involvement in activities you enjoy motivates you to do better, academically, socially and experience greater success.

Year 12 is a stressful year, requiring motivation. Two interviewed Year 12 students, both involved in school and community activities, support the idea that doing what they love motivates them. Molly Grech, who has been heavily involved in Loreto College Rowing and wider community activities including netball, succinctly commented that rowing has helped her socially, physically and mentally "because it just keeps me sane".

Of course, it can be difficult in Year 12 to commit to the same number of activities as in Year 7.

However, Jade Montgomery feels "like so far the motivation to do well, that I've always had from those activities, has stuck with me". Jade, currently Mornane's Vice Arts Captain, has been widely involved in College co-curricular activities provides advice to others wondering if it is worth "getting involved". To Jade, being involved in activities you love is "so much fun and it's a way to...pull yourself out of stress completely".

Both girls agree that doing things you love is vital to success, with Molly adding, "If you enjoy it...you actually want to do it". Jade reiterates that being involved allows you to "make your own happiness".

## LEADERSHIP

BY CLAIRE BAXTER & GEMMA RICHARDSON

Wednesday 21 February was Leadership Day for Year 9 students. The entire day was a perfect example of the incredible manners that are present in each

Loreto girl, as we listened respectfully to Jake Bridges talk about Positive Health and Wellbeing.

This session, the first of several, was engaging and amusing. We learnt that being kind is not just being nice. Being kind means being helpful, sharing with others, being honest, polite, compassionate, and supportive.

*“If your actions inspire others to dream more, learn more, do more and become more, you are a leader  
- John Quincy Adams*



## YOU GO, GIRL.

BY EMILY PRESTON

Loreto puts such a great emphasis on the empowerment of women and encourages them to achieve great things. The idea that that we can achieve anything, regardless of our gender is constantly reinforced throughout our school.

Every girl has the same opportunity to be involved and make a positive change. 100 years ago, women did not have the immense support or the positive female role models that we have. We are inspired by women locally and globally every day.

No matter your role at school or at home, you can empower the women around you. A simple act such as encouraging a classmate to go for something they have never tried before can be pivotal in building their confidence and them achieving great things.

We must acknowledge the privileged position we are in and strive to help other girls around the world achieve their goals. Many girls all over the world do not have access to the many things we consider necessities. We are incredibly lucky to have a great education, strong relationships and a places to feel safe.

This is why it is so important to start making a difference now and start creating a better future. Girls need to support other girls in order to be successful. As women of the future, we can inspire and create change, at a local or global level.

The key to change is education, educate your friends and family on the value of empowering girls. When one girl is empowered, she can empower many.

“Empowered women,  
empower women



## STRANGER THANKS

Stranger Thanks is a page dedicated to thanking someone who may have brightened your day, helped you through a tough time or simply opened a door for you! Send through your submission for the next issue of Loreto Lark to newspaper@loreto.vic.edu.au. Please keep submission length to no more than 2 or 3 sentences.

*To the girls who helped take the air out of the water polo tubes at the swim carnival, You rock!*

*- Mr Rob*

*To the Year 7 girl who let me into my bottom locker first, Thank you so much.*

*I did catch my bus.*

*- Sophie*

*Thanks to the lovely ladies who continue to dress me up on special days.*

*- Mary*

*To the teacher on Year 7 camp who swam out in the lake to get my hat!*

*Thank you.*

*- Anonymous*

*To the Year 10 extra I took, You are amazing. Thanks for working so hard.*

*- Mrs Fraser*

*To the Intermediate Volleyball Team, great effort last Term. You are awesome!*

*- Team Captain*

*Thanks to the senior girl who picked up my books when they fell down the stairs.*

*- Molly*

*To the senate member who saved me from falling into the lake at the Head of the Lake! Thanks for saving me from an embarrassing moment.*

*- Anonymous*

*To all our rowing coaches, you are unreal. We are very lucky to have you.*

*- Anonymous rower*



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## THE LORETO LARK TEAM

**Chief Editor** - Winter Greet

**Chief Digital Editor** - Emily Preston

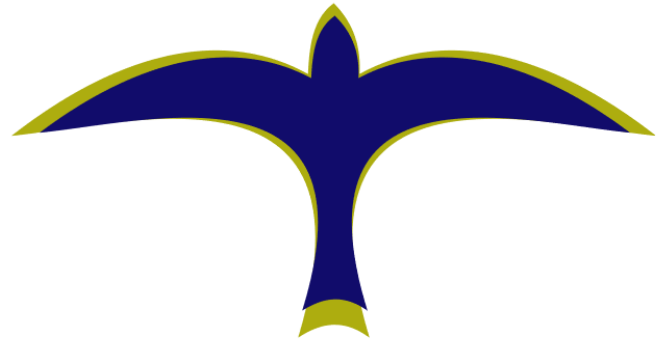
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Do you have a story to share in the next Loreto Lark? Come along to our meetings on Tuesday lunchtimes in SG 306

