



yefity



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Head of the Lake victory 2020
Image courtesy of The Courier

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Judith Potter in the Loreto Chapel Cloister
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From the Editor,

Verity – “This is verity – to do what we have to do well.” – Mary Ward

For Mary Ward, verity embodies integrity and truth, particularly the profound truth of who we are and what gives meaning to our lives, a truth that centres fundamentally on the mystery of God. It challenges us to invest our everyday living with value. (Loreto Ministries)

It is undeniable that the current climate around Australia and the world, with the impact of the COVID-19 pandemic has created immense change. The situation is unique, challenging and has caused much disruption to the normalcy of life, and the routines we have established which effects every single one of us.

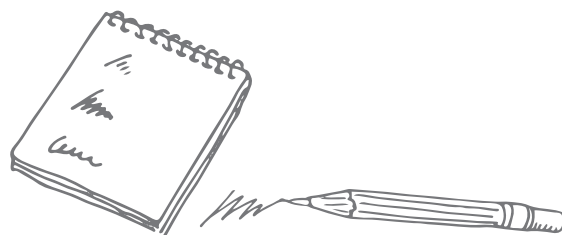
It has also caused many of us to reflect on what truly does give meaning to our lives – our own sense of verity; which is also true of the Loreto College community.

For the first time since 1956 when Loreto College Ballarat closed its doors for a period, for the Asian Flu, our foundation Loreto school, Loreto College Ballarat, has again closed its gates for the majority of staff and students, as we prepare and do our utmost to prevent the rise of Coronavirus.

With it, our Loreto community – Loreto girls, their parents and families, our staff – leadership, teaching and support staff, have all come together with a spirit, tenacity and sense of creativity and innovation to keep the most important thing happening, a Loreto education for all of our girls.

Although the physical gates may be shut for most, the Loreto community remains very much open, offering a reprieve from the uncertainty, a solid foundation of support for its members far and wide, and an unwavering sense of felicitous spirit for them all.

Shona Hendley and the Marketing & Development Team



Messages from Loreto

From the Board

As the students walked through the gates of Loreto Ballarat on the first day of Term 1, some for the first time, and most with a spring in their step and full of joy at reconnecting with their school friends, many would have seen the uplifting messages of community, written in chalk by the student leaders.

What may sometimes escape notice is the pristine gardens, refreshed and renovated spaces, and the fact that the College smoothly starts another school year.

This is due to the many hours, days and weeks of planning and preparation undertaken by all staff, in all roles, and at all levels, much of which occurs after the students leave for end of term holidays.

So as another school year sets off, I thank all staff for their hard work in making this appear so effortless.

The Board too, has been busy over the last few months.

At the end of 2019, our Board Chair Geraldine Frantz stepped down from the Board after more than 10 years of service. During that time, Geraldine has served as a Property Committee Member, Chair of that Committee from 2009 – 2017, Deputy Chair of the Board and then Chair of the Board in 2018 and 2019.

Long standing member, Maria Myers AC, also concluded her final term as a Board Member, and stepped down from the Marketing & Development Committee, along with Jan Stephen. These women too have given a lifetime of support and service to Loreto College.

In addition, former Board Chair, Shane Carey attended his final meeting as a member of the Property Committee.

On behalf the entire school community, I take this opportunity to thank Geraldine, Maria, Jan and Shane for their outstanding service and leadership, and for the example they have set to the female leaders of tomorrow.

The Board has welcomed new members Nick Grylewicz (current parent) and Dannielle James (past pupil) and looks forward to the expertise and experience they bring.

Finally, I would like to thank the entire school community for the well wishes and support for Judith Potter during her sick leave, Sandra Diafas for stepping in, at extremely short notice, as an energetic and joyful Interim Principal, and the entire leadership and staff body for their swift adaption to some necessary adjustments at the start of the year.

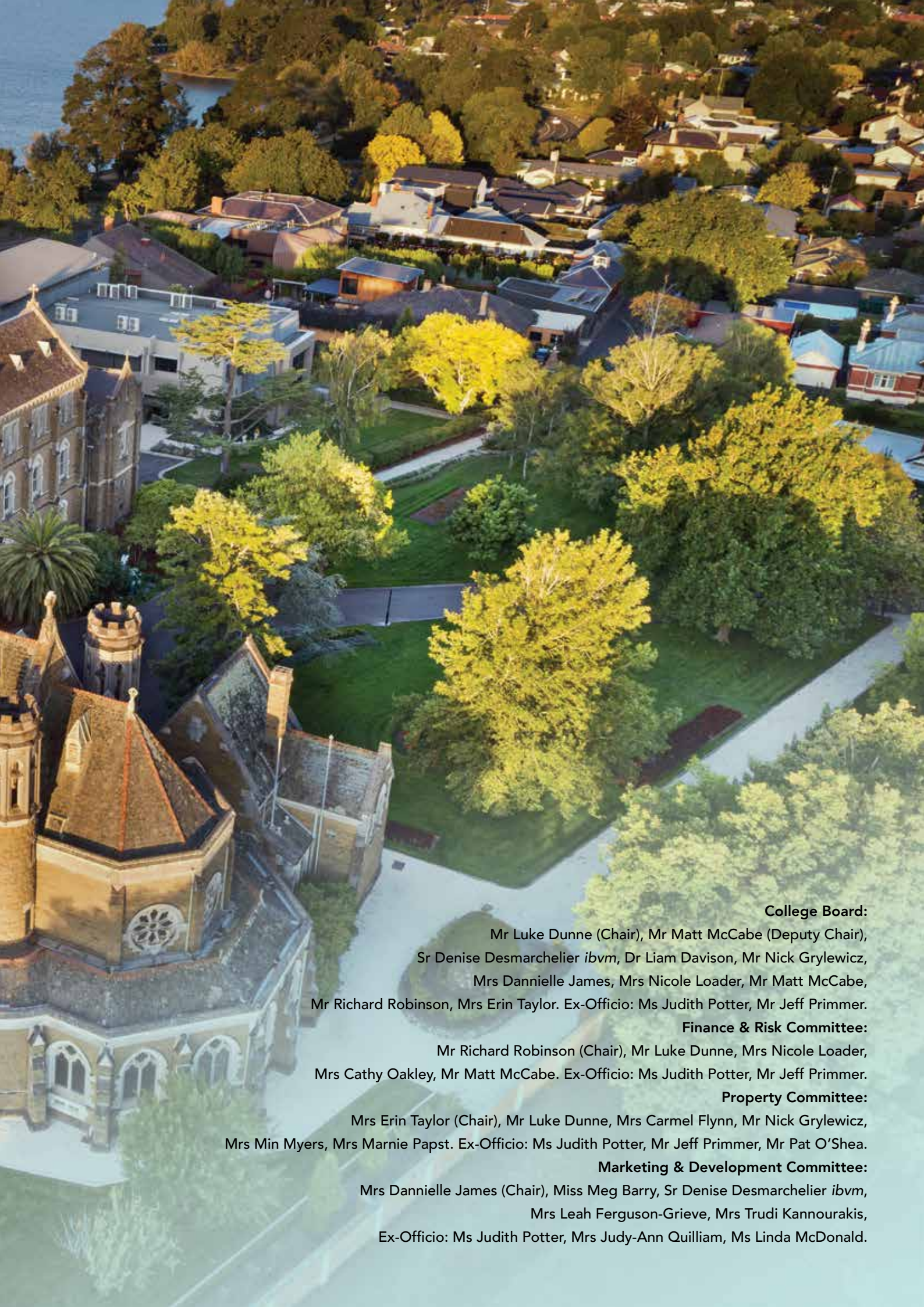
I also thank all staff for their extraordinary ongoing efforts to continue Loreto education online for our students in the period of Coronavirus pandemic that commenced at the time of this publication production.

Loreto College Ballarat stands on the cusp of some very exciting times. The Board looks forward to engaging with the entire school community as we further develop the strategic plan and master plan for the College over the course of 2020, and beyond.

By Board Chair - Mr Luke Dunne



MARY'S MOUNT CENTRE



College Board:

Mr Luke Dunne (Chair), Mr Matt McCabe (Deputy Chair),
Sr Denise Desmarchelier *ibvm*, Dr Liam Davison, Mr Nick Grylewicz,
Mrs Dannielle James, Mrs Nicole Loader, Mr Matt McCabe,
Mr Richard Robinson, Mrs Erin Taylor. Ex-Officio: Ms Judith Potter, Mr Jeff Primmer.

Finance & Risk Committee:

Mr Richard Robinson (Chair), Mr Luke Dunne, Mrs Nicole Loader,
Mrs Cathy Oakley, Mr Matt McCabe. Ex-Officio: Ms Judith Potter, Mr Jeff Primmer.

Property Committee:

Mrs Erin Taylor (Chair), Mr Luke Dunne, Mrs Carmel Flynn, Mr Nick Grylewicz,
Mrs Min Myers, Mrs Marnie Papst. Ex-Officio: Ms Judith Potter, Mr Jeff Primmer, Mr Pat O'Shea.

Marketing & Development Committee:

Mrs Dannielle James (Chair), Miss Meg Barry, Sr Denise Desmarchelier *ibvm*,
Mrs Leah Ferguson-Grieve, Mrs Trudi Kannourakis,
Ex-Officio: Ms Judith Potter, Mrs Judy-Ann Quilliam, Ms Linda McDonald.

From the Interim Principal

In Matthew's Gospel Jesus asks his disciples two important questions: "Who do people say that I am?", and, "Who do you say that I am?" In our year of Verity these questions have great significance for us too. Each of us is being called this year to think deeply about who we are to ourselves and the world; to seek our true selves, and to bring that precious gift to the world. We are also aware that our shared Loreto tradition requires each of us to not only know our truth, but to enact and share it with others. Yes, we must be witnesses to what is true, but we must also ensure that we pursue and enact the truth in all ways and at all times.

Our individual and communal destiny, as women and men of Loreto is to be beacons of what is true, what is right in our world, and to actively agitate and advocate when we encounter people, places and conditions where the truth is hidden, missing or misused.

In these particular times, it is critical that we hold fast to those values that have

sustained us in our past, and that will do so into our uncertain future. They will anchor us and bring us all safely together to better times and new possibilities. If we remember those who came before us, and the tradition that they have bequeathed to us, then are confident of the hope that always accompanies us, and the strength that we can draw from each other as we bring into being a world crafted by shared purpose and belonging. Our faith calls us to live truly the values of the Gospel, to place our trust in our God and in each other, and in doing so to bring blessing to our troubled world. As we remember the lives and works of the Sisters, let us also be mindful of their deep faith in times of fear and mistrust: For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. (Jeremiah 29:11)

In our year of Verity let's be a community who uses our words and actions to transform, to remake our world, to create

“

I can't change the world. What I can change is the size of the silence.”

something immense together, through our subtle small transformations, through the building up of small gestures and statements and the embracing of new visions of what can and should be. Let's leave behind old ideas and actions that imprison us and others, and instead seek out new horizons and possibilities. Let's above all be motivated by truth, by what is pure and enlivening, by lifting up ourselves and others, by sharing the joy of our faith, by living the love of the gospel, and by speaking powerfully to what is untrue, limiting and diminishing.

In doing so let us be mindful of the words of Lucia Osborne-Crowley:

"I can't change the world. What I can change is the size of the silence."

Let's truly be women and men of Loreto.

By - Interim Principal (Term 1) -
Ms Sandra Diafas

Note: Ms Sandra Diafas was Interim Principal for Term 1, 2020 at Loreto College whilst our Principal, Ms Judith Potter was on extended sick leave at the time of Verity production.



From the College Co-Captains

As we reflect on the school year so far, we can't help but congratulate all students on the way that they have dealt with the unprecedented times we are faced with and we commend them on their positive attitude and involvement in all that Loreto had to offer during Term 1.

In this year's, year of Verity, we recognise that truth needs a spark of courage to set it alight. The value of Verity helps us to realise that we must respect the truths of those around us and challenges us to live authentically. The value of Verity has never been more relevant with people searching for light and truth in these uncertain times.

We began this year with a range of different initiatives. The first day back, we welcomed the girls at the gate, helping the new Year 7s find their way to their lockers and new classrooms. We were introduced to these girls again at Year 7 Camp, where we taught them the War Cry and ran a fun trivia session for them to complete. We were really excited to see the Year 7s begin to embrace the Loreto Spirit and Loreto College life.

We think every student would agree that the Swimming Carnival was a day to remember. It was exciting to see all year levels come together to support their House, chanting on the sides of the pool. This day was where we saw the LC Spirit truly come to life.

This then led us into Head of the Lake, where our Year 12s formed our Spit Crew to support our rowers and celebrate all their hard work. This event, along with the Swimming Carnival, galvanised our cohort, preparing us to support each other through these isolating times.

We celebrated International Women's Day in March, which was a day to celebrate our truth as women and encourage the

world to grow to accept everyone's truths. We hosted a breakfast to celebrate all the inspiring things that our girls have done. We presented awards to those who exemplify the Loreto values both in and outside of school life. At recess, we asked the Year 7s to write messages to each other and the school, recognising what it means to be a girl. Our focus was to support each other as women, helping to lift each other up, instead of tearing each other down.

The next chapter of this year presented a new challenge for everyone. All students

have had to adapt to a new learning style. The challenge for us as leaders was to stay connected with the entire school community without being able to communicate face-to-face. To achieve this, we have had to think creatively and utilise technology. We have used Netflix Party, Kahoot and our social media to interact with the girls and keep the Loreto Spirit alive.

We are hopeful for a positive end to the year, at Loreto.

By College Co-Captains -
Sophie Grylewicz & Kate Robinson



Around Loreto

Graduation Mass

The Graduation Mass was a fitting final farewell to our 2019, Year 12 students. Celebrated by Fr Justin Driscoll at St Patrick's Cathedral, together we joined in prayer, reflection and celebration.

Whilst there is a sadness in farewelling the Class of 2019, this was balanced with an excitement and joy in the anticipation of all that is possible for each in the years ahead.

The Graduation Mass Choir enhanced our prayer and reflection, bringing joy to all present.



International Women's Day

We celebrated International Women's Day with our traditional IWD Breakfast for our senior students and Loreto community. Our guest speaker, Janelle Ryan (Class of 2002) inspired the room with her message to all women to take up space, everywhere. Within the IWD2020 theme #EachforEqual.

Our congratulations to the recipients of the student and alumni awards: Loreto College Alumni – Loreto Spirit Award: Grace Beechey (Class of 2018) – for her work organising donations and distribution for Fire Relief this summer; and Stefanie Seeary (Class of 2011) - for her work and long term commitment to the Loreto Ballarat Rowing Club. The Loreto Community Achiever Award: Maddison Fogarty (Year 12), and The Loreto Woman of the Day Award: Stella Watson (Year 12).



Swimming Carnival

The annual swimming carnival saw a large number of students swimming for their House, they were urged on enthusiastically throughout the day by the House cheer squads. The program ran smoothly and after a worrying bout of thunder, the pool officials declared it all safe and the Year 12 students were able to complete the synchronised swimming challenge.

Congratulations to Mornane who took out the Swimming Carnival overall as well as Barry who won the Synchronised Swimming Competition and the Spirit Stick.



Virtual ANZAC Day

On Friday 24 April we gathered virtually, as a school community, for our Anzac Day service. A video was shared to the entire school community and together we learnt about the Lucas Girls, a group of remarkable women who shone a spotlight on the terrible toll World War I took on Ballarat by creating the remarkable Avenue of Honour.

The video service was supported throughout by a beautiful musical cover of the Green Fields of France by one of our talented College Co-Captains, Kate Robinson (Year 12). We concluded the service with the Last Post, a minute silence and the Rouse.

Walkathon

2008 offered Loreto students a unique opportunity to walk across a dry Lake Wendouree. 2020 offered another unique opportunity – a virtual walk!

The JPIC Virtual Walkathon commenced with a home pyjama fitness circuit followed by a Senate led video and a virtual fashion parade from each year level. This year the theme was Coping with COVID and all entries reflected how our students were creatively doing this. A virtual stream of hilarious entries entertained as a Loreto dress-up day always does! Of course, the girls were also encouraged to get outside and walk for the afternoon.





LORETO COLLEGE, BALLARAT
Ms Judith Potter
Principal

Thank You Ms Potter

Words by Ms Judith Potter & Mrs Judy-Ann Quilliam

“

I loved the Mission Statement when I joined the school. It has the most beautiful underpinning values from the Gospel and the five Loreto values from Mary Ward.”

Our retiring Principal, Ms Judith Potter, was raised in a large happy Catholic family with her parents teaching, from a young age that “if God has given you a gift or talent you do not receive praise but give thanks. You are praised for what you do with the gift or talent.”

Family values (including the Loreto values) have had a profound influence on Judith's life and offer an insight into the nature of the humble and gracious leadership she has shared with the College for almost 15 years. The end of Term 2, 2020 will herald the end of Ms Potter's term as the Principal of Loreto College Ballarat, 42 remarkable years in education and the start of a well-earned retirement.

As noted by the College Board, there have been many significant milestone achievements and physical reminders of Judith's leadership throughout her time as Principal. Including the consolidation of the College from two campuses to one, major building projects including the planning and construction of the Mary's Mount Performing Arts Centre, the opening of the Province Archives Centre, the completion of the Mulhall Centre, upgrades to the Gonzaga Barry Centre, refurbishment of the Canteen, Food Technology, Art and Administration facilities, heating of the Chapel and upgrade of the school oval.

However, the greatest testament to Judith's educational vision and impact on the College is in the volume of less visible accomplishments extending from her extraordinary gift of love, knowledge and expertise in the education and

advancement of young women that she has shared with the school.

True to her nature, Judith is quick to note that nothing that has happened at Loreto in her time has been just through her work. “It's actually been a collective approach, I think that's what's really important, as you achieve much with everyone working together,” she says.

For Ms Potter it has always been, and she thinks always should be “about what will enable girls to thrive and flourish to be their authentic selves.” Her personal alignment with the Loreto mission and values flourished from her first day as Principal of Loreto College in 2006, when a Year 9 student said to her, “Ms Potter, you will love it here!” Judith reflects on her time here at the College she says, “she could not have been more spot on.”

“I loved the Mission Statement when I joined the school. It has the most beautiful underpinning values from the Gospel and the five Loreto values from Mary Ward.”

In Judith's heart, the (Loreto) Values are intertwined, “with Freedom you are open and honest and using Mary Ward's words in a very direct way, if your words and actions match your heart and what it is authentic for you, then you have Freedom; and that requires honesty, which is your Verity and Sincerity.”

“Justice is at the core of every aspect. I think sometimes we use the word justice, but it is actually addressing injustice that we action. It's being the voice of those who



Above: Judith Potter on Footy Colours Day in 2009

haven't got a voice. It's being the hands and the feet for those who haven't got them, and I've personally experienced that particular support when I was so unwell in Term 1.

To me, where the magic comes into it (the Values) is the intertwining with Felicity. Seeing the joy in each day, being grateful for the blessings upon you, focusing on all that is good is so important to live a healthy life and maintain a flourishing mind, and so I absolutely love that intertwined with all others is the value of Felicity. You can't have Felicity without the others but it's the one that bubbles along."

As Judith reflects on her career in education, she remains unwavering in her love and support for the education and development of young women. She has been through the process both as a teacher and a leader of many changes to structure and assessment and loves that we are now moving strongly

in the direction of helping students see that education is about growth in learning, that they all start in a different place and it's about how much they can grow as individuals.

"I think this current pandemic with all the challenges that it brings is also going to have great contributions from education come out of it; particularly with all that has been tried with remote learning that could potentially be intertwined," said Judith.

"I have a sense that although we been through so much change, I think from when I first started as a teacher (and I am blessed to have worked across Government, Independent and Catholic sectors), the importance of bringing the student and their wellbeing into the conversation is the most profound change. In my early years you would not have been encouraged to consider the wellbeing of the student as much as we do now."

One of the biggest impacts on education that Judith has witnessed was not the introduction of computers and technology, but the rise of social media - how quickly that took off and how it has impacted student wellbeing. However, she is also quick to say there are some very strong advantages with social media and that focus should not be whether it's good or bad, but how we manage it.

"Good wellbeing is important for good learning and I think there has been a huge amount of work invested in this area by our College," said Judith.

This would include the introduction of our Felicitous Life Program. Judith graciously commends all the staff who have been involved in the development and building of this invaluable program within the school.

"The Felicitous Life Program doesn't sit separately it actually fits within our values and our Ignatian spirituality. This program fits perfectly with the management of student wellbeing, supporting and finding ways to not only protect but to enable and empower our students to manage challenging times."

Judith shares a great excitement about the future of education at Loreto College, "I think we're on the cusp of major change, that's why our Leadership Team set up the Curriculum Wellbeing Steering Group to research and plan for future education. This will be up to the new Principal to continue this investment and implement changes to ensure we continue to best prepare our students for their future through a Loreto education."

To me, the one consistent that must remain is our commitment to the whole person. We have our own wisdom figures going right back to Mary Ward and Mother Gonzaga,

who have always said the care of the person has to come first. For our students to feel that care, first they must feel they belong. When a student walks in the front gate at Loreto they are known, they are valued for who they are, they have other students they feel connected with and they have staff they trust to go to, then other great things can happen. There are other factors and education trends that come and go but I think these qualities of a Loreto education will always stay."

Judith shares that our uniform is a symbol of such change, "whilst this pandemic has slowed down our progress to introduce trousers and shorts to our uniform suite, I'm excited to think our girls will be more active if they have the option to select shorts, however I think longer term it may become more mix and match, more flexible. I think greater flexibility will also come to education. We're learning through this very challenging

time at the moment, some of our students are actually flourishing with the online learning where-as others are finding it really challenging."

"Our role as educators is to look for the opportunities that will enable our students to grow into areas they want to develop expertise. It is about our students thriving and flourishing as their own true self and I think that's the joy in the different facilities. To me, it's never about a building, it's about what opportunities we create within the building."

The Mary's Mount Centre is an example, "music and performance have been a part of Loreto life since Mother Gonzaga first opened the doors, however, facilities and resources are needed if you want more students to be able to get involved, then it involves looking at how we support all our staff, because they are all dedicated but they need resources and support to do it."

Below: Judith Potter - launching the new Loreto College Uniform in 2011



When the College looked to reinvent the old Hall, it was the first chance to really look at a year level in a different way and create a facility quite different. Judith recalled, "when the Mulhall Centre was completed and the first Year 9 students went in, I saw the girls sitting around chatting and the teachers using the flexibility and gathering the girls together differently, that was a great joy. I knew the facility would work."

People have also often asked Judith what was the catalyst for allowing rowing to be introduced as a formal school sport? For Judith, the answer is so very simple. "When I arrived in Ballarat we were in the drought, the lake was going dry and I came across a group of girls who were training and wanting to complete with very old boats. At best, they might get to compete in a race in Geelong without much practice beforehand, I was just so in awe of their commitment and their passion. After consultation, we gave it the go ahead and the ultimate goal was to have our past pupils coach and lead the program, because that is when the values flow through and underpin the learning and sporting experience. Without parents involved we would never have been able to achieve it. Now, it is just so amazing to see this goal come into fruition, so I pay tribute to all who have been a part."

In relation to future of education in this country and the future of education for Loreto, Judith firmly believes that a National Cabinet (just like the National Cabinet to manage the pandemic) of current practitioner educators needs to be established by the Government to utilise and draw from the knowledge and expertise of current leaders across all sectors.

"I think the Loreto staff are doing a wonderful job at the moment and I think the next 10 years will be fascinating. I will watch from afar with great interest."

One of the greatest challenges she has

faced, has been not having enough places for a Loreto education for all those who want it. "It is heartbreaking to meet with a family and know this is an amazing young girl and we have to say no! It's actually our problem, not theirs, that we can't fit them all in. It will be a huge joy for me when the new campus opens and for all those that are seeking a Loreto education in Ballarat, there is plenty of room!"

The continuation of educational and historical legacy amidst change was very important to Judith in her first year, when she led the drawing together of the two

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*Loreto College is
an absolute jewel
to its very core."*

campuses (Dawson St and Mary's Mount) and the celebration of the Mary Ward Centre being finished. A number of staff joined together in committees to plan a poignant service to honour the legacy of Dawson St Campus, finishing at Sturt Street where a time capsule and a plaque under the palm tree were planted. With approval from the Province Leader at the time, Sr Christine Bourke ibvm, the original key to Dawson St Campus was brought to Sturt St along with the beautiful leadlight glass from the Dawson St front doors (now a feature in the MMC) and a special fireplace that now holds pride of place in the Sturt St reception area.

Judith shared, "The Mary's Mount Centre was named to acknowledge the Sisters, their community was called the Mary's Mount Community and everything we have flows from the work of those Sister's before us. It's bringing forward our history and I'm sure that when the new campus opens, there'll

be a little bit of history from here that will go forward. I think it's all about the connections, and where there is a continuity each of us has the joy of building on the amazing work with those who've gone before us – as Mother Gonzaga wanted us to."

As for the lasting Loreto memories (as Mother Gonzaga Barry told us, to hang pictures on our memory walls) Judith will never forget her first Walkathon, "I was in awe of the absolute enthusiasm and involvement by the large majority of students, the creativity into their costumes and how they enjoyed being with each other. I will also remember the glorious Loreto Spirit. To me it's almost something I can tangibly hold onto and if I did, there were just be gold sparkles come out because you can feel it."

"One of the absolute highlights is the Loreto Graduation Mass. It's joyous and reflective but within our faith, we are expressing gratitude at what each of these individual girls has brought and we're sending them out beyond school with our love and our prayers and our blessing knowing that they belong to the Loreto family and that they will always be welcome back. The beautiful flower crowns express our celebration of each and every student. In this day and age, it may be assumed that everyone graduates, but for every student there's a different story, different challenges, different joys. When we come together for Graduation Mass it's about each and every girl, her hopes her dreams. We are better because each and every girl has been a student here and has contributed and has brought her own beautiful self and left something with us."

"The Loreto Ring, introduced just before I started, is a very moving and powerful symbol for the girls and I have heard stories of girls connecting all over the world by seeing another with a ring. The ring is a physical piece of jewellery to wear but I think the symbolism is that it takes them

back to the heart of the essence of what Loreto is and what it has meant to them and will always mean to them."

Judith hopes these glorious traditions continue on for decades, and also thinks it's important to bring new opportunities. One of the briefs she was given as an incoming Principal was the introduction of the Development Office. At that stage there were no annual 'Class of ' reunions or functions run by the school for past pupils and it was time to shine some lights on different people and areas of the school.

"Loreto College is an absolute jewel to its very core."

So, the process began to build up the alumni database and connections and promote the amazing work that was happening behind the historic fence that was equal or better than what was

happening anywhere. "Not in a bells and whistles way but shining a light on different areas in the school and letting people know that what they are doing is wonderful."

Annual events like reunions and International Women's Day Breakfast, have grown from this Department and Judith has enjoyed seeing past students return to the school. "I think our Loreto girls have such depth, such creativity, such vitality and such uniqueness and they do encourage each other. As a community, we need to support them more as they graduate and as alumni, such as the work that is happening now in the Marketing and Development team to advance networking and support. I don't think that the importance of that can ever be underestimated."

As for her retirement, Judith is first praying that this pandemic will come to a good permanent outcome. Firstly, she plans to

'just be!' "I'm looking forward to sewing again, spending time with family and friends and maybe even getting my garden in order before I reflect on what's next, but firstly just taking that time to 'just be'. Whatever I do, everyone here will have my love and ongoing support and prayers."

The Loreto College Board, Loreto Ministries Limited and the Loreto Sisters acknowledge Judith's contribution and 14 ½ years of service. In a letter to families, the Board thanked Judith for her warmth, faith, joy, generosity, endeavour, vision, resolve, and unfailing devotion to the staff, students and parents of the College community.

The Loreto family sincerely thanks you Ms Potter, for the extraordinary gifts and talents you have shared with us and for leaving after you, a Loreto College in a perfect position "on which others may build." We wish you well in your retirement.

Judith Potter at the Class of 2019 Graduation Mass at St Patricks Cathedral







Real Values, Real Skills, Real Dignity in Education Choice

*Words by Mrs Jill Wheatland, Mrs Felicity Knobel,
Mrs Helena Spencer, Mr Roger Morris & Mrs Judy-Ann Quilliam*

It is the defined mission of Loreto schools of Australia, 'To offer a Catholic education which liberates, empowers and motivates students to use their individual gifts with confidence, creativity and generosity in loving and responsible service, ' and 'To do what we have to do well.' The Loreto College Ballarat VCAL program is taking this mission and raising it to new, innovative, dignified work-ready heights.

The Loreto Mission proudly acknowledges that all students don't fit the same mould, therefore, the journey to a fulfilling education and career starts with finding study options that meet individual learning needs. Our VCAL (Victorian Certificate of Applied Learning) program has diversified, value-added and actively partnered with industry to provide real work skills and experience for students who are seeking a practical work-related way of learning.

VCAL Leader, Mrs Jill Wheatland, with program support from Mrs Helena Spencer, Mrs Felicity Knobel and Mr Roger Morris have created a VCAL program that differs significantly from the Victorian Certificate of Education (VCE) and other VCAL programs, and it is meant to, because unlike VCE, the objective of VCAL is to prepare our Loreto students for the workforce or further vocational education and training. Throughout the innovative two year program, the students graduate from Loreto

College with not only their VCAL Certificate, but also a Certificate II in Business Management as well as Food Handling, First Aid and Barista certificates; and an additional Certificate II in Community Service or Volunteering is planned for 2021.

The VCAL program delivers a hands-on learning approach, centred around the Loreto Mission and an innovative VCAL Religious Education program. Loreto has been at the forefront of development in Religious Education in VCAL, combining the curriculum of the Catholic Education Office of Ballarat with the principles of Catholic Social Teaching. It promotes the respect for and the dignity of the individual and focusses on life ready learning, placing importance on the development of personal and employability skills. The students consider the dignity of the human person, what this looks like in our world and in relation to our understanding of Jesus's teachings in the gospels that underpin the Loreto values.

One of the growing strengths of the hands-on learning component of the Loreto VCAL Program lies with the proactive students and innovative new partnerships with local community and industry, that is providing education alongside industry experts and the opportunity to network and learn from real workplace practice.

Left: VCAL students with The Hunter Coffee Van

For the past two years, the Program partnered with award winning regional food program, Plate Up Ballarat. This partnership has provided students the opportunity to work closely with industry leaders, hosting events, creating industry inspired art, conjuring tantalising competition entries and generally immersing themselves in the growing food and hospitality industry. The group also partnered with the St Patricks College VCAL program to make a coffee van which now sits proudly in the Loreto courtyard, training students for their Barista qualification. However, despite the presence of the very cool coffee van that we all love, this VCAL program is so much more than just coffee!

For the 'Community Connection' component, the students have been placed in a range of community organisations. There are a group of students working with early onset dementia citizens and some older people with mild intellectual disabilities at Ballarat North Community

House. Here the students are working in an Art Therapy Program with clients, brightening their day and helping alleviate social isolation.

At Mount Pleasant Primary School, another group of students are providing reading support and mentoring the primary school students. The girls act as positive role models, help develop positive relationships and have also been running activities at recess to help encourage participation in physical activity.

At Urquhart Park Primary School, the students have been supporting the Physical Education Program, where the girls have been placed in all year levels helping the children develop skills in athletics. A group of the VCAL students also took on leadership roles at the Urquhart Park Athletics Day, running events, supporting students and joining in the events themselves to encourage participation.

Another group of VCAL students have been visiting the James Thomas Court Aged Care facility. During the visits the girls lead the residents in activities such as 'chair exercising', sing-a-longs, pedicures and hand massages as well as just enjoying one another's company. The VCAL students consulted with residents, as well as the Lifestyle Co-ordinator at James Thomas Court, as to what types of activities would they like the girls to organise and the visits have now become an activity that both the residents and the VCAL students look forward to each week.

In all of the Community Connection programs, the students record their research and ideas and then set about planning as to how they would carry out the requests. After each activity they undertake a reflection to evaluate how the activity went in the process of understanding and applying continuous improvement.



In Food Studies this year, the students have been industrious producing a wide range of chutneys. They have taken advantage of the fresh fruit and vegetables in abundance at this time of the year to produce a range that includes Tomato, Rhubarb Date and Apple, Nectarine, Peach and Red Onion. The students have also made a no nut Dukkah with black sesame seeds and have worked with a tea expert, Sarah Lane (our Library staff member) who has taken them through the flavours, types, aromas and presentation of a huge variety of teas; with the view to produce a unique range of Loreto teas. It is hoped that at some time soon, they will have these products on the market.

In Art Studies, the students have explored the theme of 'Dignity'. The students created a detailed concept map of the elements and influences in their lives and used it to create

an individual, personalised collage. They are currently studying work by a Melbourne artist Robyn Stewardson and will begin their own metal sculptures appropriated from her work on owls.

In Numeracy Studies, the students are making Finska, an addictive family game that can be used for the entire school on retreats, camps and general use. It consists of 'blocks of wood' that you are required to knock over and achieve the desired score. This has involved numerous mathematical concepts such as measurement, converting units of measurement, estimation, exploration of 2D and 3D shapes, angles, properties of triangles, costing and mark-up profits.

As for the future of the Loreto Ballarat VCAL program, the students have now taken the program into their own hands, working with

the College Marketing and Development Team to define a bold new marketing campaign for the program; including rebranding the program around the theme of 'Dignity' – dignity of the human person, what this looks like in our world and how they can position and promote this within the College and our community.

VCAL at Loreto has become a very real, relevant and dignified educational choice. With many graduates now actively working in industry, the Loreto VCAL program is "doing what they have to do, very well."

*Left: VCAL students conducting Chapel Tours
Below: Plate Up Ballarat Toastie Competition
Bottom: VCAL students in class*





Connecting Loreto Women

Loreto College Ballarat has a variety of effective platforms in which past pupils can connect with the College and with each other.

Committed to maintaining and growing our past pupil community, Loreto's online, digital and traditional forms of communication allow for professional networking and mentoring, as well as providing information and links to events such as reunions.

To ensure you are effectively linked with the Loreto past pupils community, make sure you check and update any change in details via our website: pastpupils.loreto.vic.edu.au

Social Media



Facebook, Instagram, LinkedIn and YouTube.

* Facebook also includes our Loreto Women Group – an online alumni network that brings together Loreto past pupils from all around the world. This can be found within the 'Group' tab on the Loreto Facebook Page or by searching 'Loreto Women Alumni Ballarat'

Publications

Publications – Verity and Alumni e-news

Verity, our bi-annual alumni magazine is available via the website, email and/or via traditional mail. The publication includes: alumni updates, stories, weddings and events, as well as Loreto Launchpad – a section to promote Loreto community member's new businesses.

You can contribute by emailing Verity:
verity@loreto.vic.edu.au

Alumni e-news – emailed bi-annually and covering upcoming reunions, events, alumni updates and a recap of what has been happening within the college community.

You can contribute by emailing: development@loreto.vic.edu.au



ALUMNI PUBLICATIONS

Verity, alumni e-news & global
Loreto news

[Loreto Education](#) ▾[Past Pupils](#)[Events & Fundraising](#)[Contact Us](#) ▾

Loreto College Website



Loreto Women (Past Pupils section.)

Loreto Women is a modern alumni community that operates online allowing for all members of the Loreto Ballarat alumni community to share the benefits of an alumni network regardless of your location. This website will act as the functional hub for alumni where details can be updated, access to other alumni contact details, publications and for our future mentoring program.



WELCOME TO LOETRO WOMEN!

[Learn more Loreto Women](#)



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[More information on our formal Past Pupils Association](#)



LOETRO WOMEN IN TIME – INSPIRING ALUMNI

[Learn more and download a](#)



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MENTORING

[Currently seeking mentors from all industries](#)

Mail

Keep us in mind when your circumstances change!

Invitations for reunions and other special events, the print version of Verity and other information is often sent via traditional post.

This is only possible with the correct and up to date contact details so please ensure you update any changes of name, address or other contact details via the Past Pupils section of the website.



50 Years a Loreto Sister – Sr Trish Franklin

Words by Mrs Robin Scott (Province Archivist)

“

“If making other people happy is the source of happiness, then Sr Trish must be the happiest of people.”

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” Dalai Lama

In a short article, I cannot do justice to a life of friendship, kindness, purpose and achievement.

If making other people happy is the source of happiness, then Sr Trish must be the happiest of people.

Trish celebrates 50 years as a Loreto Sister this year and she started this journey here in Ballarat.

Her family had come to Ballarat for the gold rush in the 1850s. Trish grew up with her three brothers and one sister with the freedom and adventure of a 1950s/60s Ballarat childhood in their Windermere Street family home: billy carts, footy, Westerns at the flicks, Guy Fawkes Nights, swimming at the Eastern Baths or the Lake, radio serials, family Rosary, Mass on Sunday, South Street competitions, lollies from ‘Smithies’ and First Communion under the direction of Mother Sebastian.

Trish began school at St Joseph’s Parish School, adjoining Loreto Convent Dawson

Street and run by the Loreto Sisters, and then on to Dawson Street where she was a prefect in 1966. Trish’s mother, Ellen Duggan, had also been a student at Dawson Street.

Dawson Street only went to Intermediate, or Year 10, at that time and students who wanted to complete Leaving and Matriculation – Years 11 and 12 – had to transfer to Mary’s Mount – the Sturt Street campus. Trish was a student at Mary’s Mount in 1967 and 1968. Here, the call to a religious life was strengthening.

After completing school, Trish worked for a year at McCallum House. She entered the Loreto Order on the February 15 1970, moving to Loreto’s Novitiate at Loreto House in Albert Park.

Trish completed her primary teacher training and began teaching at Loreto Marryatville in South Australia, returning to Ballarat in 1974 where she taught at St Aloysius Redan and was finally professed on the 22nd January 1979. She moved to the West in 1979, filling the classroom with singing, guitar playing and fun at Loreto Nedlands while completing a Bachelor of Education.



Sr. Trish and her family on her Golden Jubilee

A life's passion developed in 1984 with Trish's work in the refugee camps on the Thai-Cambodia border. She was tireless in her pursuit of the rights of the children particularly unattended minors and brought comfort and learning into their lives.

This led to Trish's life's work in Vietnam with the eventual establishment of the Loreto Vietnam Australia Program – LVAP, a program which has grown to support

and educate disadvantaged Vietnamese children. This is a vision which continues to grow and is supported by Loreto schools. The Program has won world-wide acclaim for its well targeted projects to help young Vietnamese students in rural and inner-city areas, providing educational opportunities, safe housing, supporting vision-impaired children and launching a school for children with intellectual disabilities.

Based in Melbourne now, Trish's connections with Ballarat are still strong. She is the Ballarat community leader and, along with Sr Denise Desmarchelier, Sr Jackie McGilp and Sr Natalie Houlihan, is a valued and loved Loreto role model and contributor to our school.

Sr Trish Franklin celebrated her Golden Jubilee in the Loreto Chapel with her family on Saturday 15 February, 2020.

Sr. Trish First Profession 1973 (left)



Sr. Trish in Vietnam





Sr. Trish on her Golden Jubilee

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Women in Time Inspiring Alumni

Nominations Now Open (Closing on June 30 each year)

Please nominate a past pupil you know, now for consideration for our founding or future years.

Please contact the Loreto College Marketing and Development Office for any assistance, further information is available on the College website. Ph: (03) 5329 6137 or email: development@loreto.vic.edu.au

When a small group of Irish nuns arrived in Ballarat in 1875 under the leadership of Mother Gonzaga Barry, who could have imagined the influence they would have on Catholic education in Australia and all the young women attending Loreto schools throughout the country.

Loreto Women in Time – Inspiring Alumni will be a new feature on the walls around the College that will celebrate the outstanding achievements and contributions of extraordinary Loreto College Ballarat alumni who have become exemplars of Mary Ward's vision that "women in time to

come, will do much", women "apt for all good works", and / or who "do ordinary things well".

Loreto Women in Time – Inspiring Alumni will uncover and formally recognise and promote the actions and achievements of Loreto Ballarat alumni who have gone above and beyond what could be reasonably expected. The women featured will encourage aspirations and ideals of the highest community standards and values and will be an assembly of models of Loreto women who, in the spirit of Mary Ward and the Loreto Mission, have in

their time "come to do much." It will be the College's pre-eminent means of recognising outstanding achievement and contributions by past students.

The founding year of the **Loreto Women in Time – Inspiring Alumni** will seek to induct up to two nominees in each category, with between one and four inductees in total in each following year.

Please go to www.loreto.vic.edu.au or <https://pastpupils.loreto.vic.edu.au> for more details, selection criteria and nomination process:

CATEGORIES INCLUDE:

a) Religious and Social Justice Leadership

e) Arts & Cultural Excellence

b) Community Service & Leadership

f) STEAM & Innovation Excellence

c) Academic & Professional Excellence

g) Young Achiever & Entrepreneur

d) Sporting Excellence

h) Verity Award



Me Too - A Moment Changed Loreto Girl, Janelle Ryan Forever

Words by Mrs Shona Hendley

66

...there is so much more to you, than who you are in these moments when you feel your least confident. It is how you respond that is who you really are."

"Last year I experienced a 'Me Too' moment of my own and to say the least, it was devastating. It momentarily decimated my character, I lost my career, my confidence and my faith in people.

Until I spoke about it with a friend of mine."

It was a powerful moment at this year's Loreto College International Women's Day Breakfast when Janelle Ryan (Class of 2002) reflected on her recent 'Me Too' experience.

Janelle, a proud Loreto Girl, shared with a room filled with other Loreto women and members of the Loreto community, her verity, a part of her truth that made a significant impact on her life recently and changed her as a person, immensely.

"This friend is from Kenya and moved here 7 years ago with her family. When I talked with her about what happened to me and the action I took, she was shocked. She explained to me that she and many friends have experienced these behaviours, but she would never pursue any action against the perpetrator. When I asked her why, she said because she wouldn't even know where to go, she couldn't ever afford to lose her job over it and she wouldn't be believed, because of status. She said: I fear for you speaking up, because I care for you. But maybe, it will be better for you than for someone like me.

That's the day I woke up to the fact that what happened to me was not OK, but it's happening to women of colour, disabled women, LGBTQIA women and women from less privileged backgrounds every day and they are too scared, too marginalised, too poor or too unnoticed by society for anyone to encourage them to have their voice..."

Janelle's openness and willingness to share her raw, honest and very real experience was no doubt difficult to do but it made everyone who was within that room understand and respect the significance of International Women's Day, a Loreto education and the importance of being open and honest, no matter how 'ugly' or challenging it might be.

Janelle's personal words were insightful, intelligent and authentic, revealing how this experience impacted her both personally and professionally as well as her thoughts, take-aways and advice for others from it.

"My 'Me Too' moment was a huge learning experience, an unfortunate one, but there is so much more to you, than who you are in those moments when you feel at your least confident. It is how you respond that is who you really are."

For Janelle, this is beginning a new career pathway toward a law degree. The course that she began this year, she hopes will allow her to work within human rights

advocacy; enabling Janelle to “combine her lived experience with her privilege and use it for something good.”

As well as utilizing a challenging, yet formative experience, Janelle also attributes her Loreto education, as an influential factor to the route she is taking now.

“My time at Loreto was inspiring, motivating and some of the best moments of my life – especially the friendships and the learnings I have taken with me,” Janelle reflected.

“One of the highlights of my Loreto experience would be the values that the Loreto foundations gave me and the level of self-awareness and acknowledgment of how I can take this self-awareness into the future that makes it a better future for other people- women, men, anyone,” she said.

“Being a Loreto girl made me a compassionate person, an empathetic person, and it made me strong.”

Too often we are shown that to be seen as strong you can’t show kindness, vulnerability, or empathy to others, but

Loreto girls have an incredible ability to balance that strength with what would be viewed as these feminine qualities, often viewed as weaknesses but really they are strengths; and we learn these things from being a Loreto girl.”

For Janelle, it is important to actively use this compassion and empathy, as she works toward making the world equal.

“I’m a very proud feminist, and the different waves of feminism have brought different values and action and I think we are starting to see a shift of thinking that there’s an understanding that the original founding of feminism was about equality, not one gender being the more powerful in the structure.

Understanding of recognising privilege and recognising that what your idea of feminism might be, could be a lot different from what someone from a more marginalised community is.”

One of the main ideas that provided the underlying theme of this year’s International Women’s Day, ‘Each for Equal.’

“Each for equal means that it is my job to create equality in the values that I hold, in particular feminism and recognise that equality is different for each woman.”

Janelle also says it is about making room for these different groups too.

“It’s about understanding that it’s our duty if you’re a true feminist to elbow in and make room for those people to come and have their voice heard too, as well as yours, so not speaking for these people but making space for them to come into the fold and have their say. Standing beside each other, not behind each other, making room for each other. So, take up space and if you don’t feel brave enough or strong enough, talk to someone you trust and ask them to help you. Because we can’t achieve equality if we can’t help each other.”

A video interview with Janelle Ryan can be found in the Loreto Voices section on the College website.

www.loreto.vic.edu.au

Janelle with her family





Our sincere thanks to
staff and students
for their creativity,
flexibility and hard work
and to our parents
for their support and
partnership.



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Student Hardship Fund

Helping students and families affected by COVID-19

In place of our usual Annual Giving Fundraiser, this year we would like to direct your attention to the Loreto College Student Hardship Fund.

Although now might be a time of uncertainty, one thing we do know for certain is that now is the time for community. The Loreto College Student Hardship Fund has been established to help our girls and their families get through any difficult setbacks in this period of COVID-19.

To support the Student Hardship Fund, head to the fundraising page at www.loreto.vic.edu.au or contact the Development Office directly at development@loreto.vic.edu.au



**"Act not out of fear,
but solely from love"**

Mary Ward

Donations to Student Hardship Fund are not tax deductible.



Works by Loreto Students

Top Design 2019

Bonnie McLoughlin (Year 12)

“

I have created a sophisticated and contemporary garment for end-user to wear to Derby Day Races. The garment embodies elegance through the design and details making it discerningly suitable to wear to Derby Day Races as it incorporates a black and white colour scheme and displays a mature yet unique aesthetic.

I was inspired by a wide range of different items and shapes which assisted me to create my final garment. Such things included food such as fettucine, nature such as honeycomb, geometrical shapes and lines and other designers.

Researching the history of 'Derby Day' was a fundamental process which helped me establish further ideas for my garment. Finding ways to incorporate my ideas so they fit my design brief was crucial point in my design process. I was inspired to create a garment which was modern to suit the theme of Derby Day. As well as making the conscious choice to incorporate emerging technologies into my design which gave it a modern edge.



Top Dance 2019

Alyssa Mong & Emily Crockett

Year 11 students, Alyssa Mong and Emily Crockett were invited to perform at Top Class Dance. Their invitation to audition came from their outstanding achievement in their Unit 4 Dance Performance Exam in 2019.

Amazingly, Alyssa and Emily were the only two 2019 VCE Dance students in the State selected to perform both their Skills-based Solo Performance and their Composition Solo. They are both such beautiful dancers and their artistry, confidence, skill, grace and poise captivates the audience.

Alyssa Mong:

Technical Solo - *Focusing on safely executing a broad range of skills in alignment, balance and control through the use of jumps, turning and a wide range of movement vocabulary*

Composition Solo - *Exploring the use of mobile phones. That we can easily become addicted, and reducing our use is difficult, but once we do limit our this use in technology the world opens us to us and we can again reconnect with family and friends.*

Emily Crockett:

Technical Solo - *Focusing on safely executing a broad range of skills in strength, stamina and flexibility through the use of interesting phrasing, manipulations in shape and experimenting with tempo*

Composition Solo - *The cycle of life. Exploring life from birth to childhood, teenage years to adult, middle age to end of life. Using repeated motif to communicate the passing of time, and a range of gestural movements to convey the milestones we experience in one lifetime*







This is our verity... to do what we have to do well

Words by Ms Gabi Howard & Mrs Judy-Ann Quilliam

Driven by the team motto, 'One Team. One Spirit. One Dream,' there can be no doubt that the Loreto Ballarat Rowing Program is working very hard to do all that they can do, very well. The investment of value in everyday living by all involved in this program, is a credit that has evolved into the fruition of outstanding results.

Amongst other great achievements, Loreto College proudly claimed a second (Ballarat Associated Schools) BAS Open 1sts Female Head of the Lake this year, following the maiden BAS Head of the Lake crown in 2017, and once again, the Girls Aggregate trophy. However, if you ask any club member about this year's BAS win, the answer is humble and similar, "yes we are really proud, but this is just one race, in a whole season of regattas, amidst many years of program development."

"The Loreto College Ballarat Rowing Club is all about our people and our love for the sport of rowing, not just our results," said Rowing Coordinator, and Loreto alumnae, Ms Gabi Howard.

In recent years, the program has grown from strength to strength under Gabi's leadership. This period of growth has not just produced results on the water, but

also off the water in many aspects of life for all involved. The philosophy of the program strongly aligns to the College's Felicitous Life Program in its use of positive psychology and mindset, with volunteer coaches encouraging and developing transferable skills such as strong work ethic, goal setting, time management, preventative actions, communications as well as healthy mind, body and soul. The students involved are benefitting from a team of volunteer coaches, providing quite a specialist sport program.

One of the finest credits of the Loreto Ballarat Rowing Program is the club volunteer membership. The engagement of parents, past parents and past pupils in support of the current participating students is extraordinary. Each committed to 'helping students discern the real values in the choices they make and supporting their attempts to put their energies into worthwhile undertakings' (Loreto Schools of Australia, Mission Statement).

Recently, long term volunteer coach, past pupil, past Loreto Open Division 1 rower, Rowing Captain and the first female coach to win the BAS Head of the Lake premier race, Stefanie Seeary, was peer nominated

Left: Gabi Howard watches over the crews on Lake Wendouree



and awarded the Loreto Alumni – Loreto Spirit Award at the annual International Women's Day Breakfast, for her long-term commitment to the program. Stefanie's 13-year association with the program was proudly and gratefully applauded and she remained humble in her thanks and love for the sport and the College.

Gabi Howard is proud of the culture of relationships within the club that fosters lasting friendships and community support. When asked what the key has been to the success of the club, Gabi shares, "relationships, recognition and being flexible."

There is change ahead, as Gabi leaves her

position as Rowing Coordinator at the end of this season to concentrate on her future career goals; and there are moves towards quad skulls instead of sweep for the Juniors in the future, in line with state, national and international competition, for the program to support future competitive opportunities for our Loreto rowing graduates. New boats and riggers will be needed, and we may even outgrow our current rowing shed!

However, the future of the program is in great hands, with alumnae Taylah Blake taking over the helm as Rowing Coordinator and the culture of graduating Loreto rowers coming back each year as coaches, ensuring that the special qualities of the program will

continue for years to come. In addition, the growing experience shared by our rowing alumni who are now competing at state and national levels. Teagan Blythe (Class of 2019) rowed in the Australian Junior Team at the Junior World Championships in 2019 and both Teagan and Laura Foley (Class of 2018) were selected to row in the Victorian eight for the Bi-Centennial Trophy at the Australian National Championships in Sydney, 2020.

We congratulate Gabi Howard, Taylah Blake and the entire Loreto Ballarat Rowing Club for enabling our students to develop a capacity for commitment that will enrich their lives with meaning...truth, light and love, that is their Verity.



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Expert Tips

5 Minutes With....

Squirt the Turtle

Q: How did you come to make your home at Loreto?

A: My previous bestie, Alana (a former Loreto Lady) has taken up a teaching post in far North Queensland. I wasn't too keen on the Queensland climate, though Eastern Long Turtle habitat does extend into northern Queensland, the humidity really doesn't do anything for my hair. Alana wanted to know I would be well cared for and have plenty of attention lavished on me (I really am quite the extrovert), so she and her mum approached Loreto about the possibility of me moving in. The rest is, as they say, history!

Q: Where is your Loreto residence located?

A: At the moment, amid the COVID-19 situation, I am not currently living on site. I am making new friends and breaking hearts at Jenny's house, where I have pretty much taken over. Mr Callahan lets me do what ever I want and I have free range of the home office.

He often consults me on pressing work matters and I never fail to offer sound advice. I think I might have replaced the dog in the "favourite pet" stakes. While I'm not currently occupying my AMAZING custom built turtle tank at Loreto, a new Turtle Display is being built by the fabulous Maintenance Team. When my new home in SF 108 is complete, we will have a Grand Opening, so everyone can see my new digs and the Lake views I now have from my heated platform!

Q: What are your favourite things to do?

A: What don't I like to do?! Obviously, swimming and eating are pretty big on my list of things to do. Once I can get back into my turtle tank, I will spend a lot of time gliding around under the water. That's what I do when I think no one is there to watch. When I know I have an audience, I get right up on the glass and wiggle, wiggle, wiggle! That's the best way to lure people in for a chat and just so they can generally bask in my cute awesomeness. I also love a good wander outside of the tank. Inside is great, outside is ok, but I really need the top notch, quality grass at Loreto!

Q: Do you have any special talents?

A: I have a lightning fast neck – watch out fingers! If I think your fingers look tasty, I'm not afraid to have a bit of a snap at them. I'm not the daintiest of eaters but it takes real talent to look as cute as I do while mashing up my turtle food under water with no lips. Not sure if it's a talent or not, but I'm pretty good at disappearing suddenly so that Jenny and Robyn have no idea where I went in the prep lab and I think I might be a fabulous chemist as I am magnetically drawn to the chem store and the wonders within.

Q: How are you find being a Loreto Girl/Turtle?

A: Being a Loreto Turtle is fabulous.

Firstly, I now have hundreds of adoring fans and once we get back to on campus learning at school, I'll have so many people to wiggle in front of, might pull a "wiggle" muscle! Being part of the Loreto family has really helped me to get used to being without my former family. I'm part of a huge family now, and despite this family being WAY bigger than my former family, it's kind of the same. We all look out for each other, and are here for each other through thick and thin.



Carmel Parker's Health & Fitness Tips

Gratitude

In 2020, the year of Verity for our Loreto community, let's explore how we can build more happiness into our daily life. Many of you will have heard that gratitude can have a positive impact on our mental health and wellbeing. Well, research shows that gratitude, or the appreciation of good things in life, is an essential part of building happiness.

What is it? When you feel thankful for a person or situation, it is a good feeling. That is gratitude! We need to make more special efforts to increase how often we get this feeling.

Benefits?

These are many and include:

- It is an instant mood booster and it feels great in that moment
- Protects against stress and depression
- You are likely to enjoy life more
- It helps you cope with tough times
- Negative thinking can dominate.
- Gratitude can help balance out these thoughts



What do I do? Explore these ideas and try one or two:

Be present or in the moment. Really focus on the person you are with or the event that is happening. Stop and appreciate.

Say thank you often. Take a moment to really appreciate the person that you are saying this to.

'Gratitude moments'. Pick times in the day to focus on gratitude. This could be when you wake up, go to bed, start work or other routine times in the day.

Gratitude Journal. Each day or week find a few minutes and write down three things that you are grateful for or events that you are glad that you experienced. Big or small! Don't forget to include the things about yourself that you are grateful for.

Tell someone you are grateful to have them in your life.

Facts from the Archives

With Robin Scott, Loreto Province Archivist

- The Polio epidemic of 1937-1939 had significant effects on the community. Mary's Mount was viewed as a refuge from the virus.
- Roma Spittle became a boarder in 1937 to escape the virus which was rife in the general community.
- Sr. Mary Wright, recalls that milk had to be boiled prior to consumption at this time.
- In 1887 an Infirmary Cottage was built on the south end of the current oval. It was used to house infected students.
- The cottage was demolished in 1973 to make room for an extended oval.

Tech Tips with David Barker



Eternal in your Verity

How fitting that we begin this decade with a focus on Verity. In an age where it is so easy to propagate falsehoods, 2020 should indeed begin a return to holding truth as the highest standard.

These days, it appears that standard is taking a beating. With so much online content at our fingertips, it is more important than ever to be mindful of and vigilant against opinions or outright lies portrayed as facts. The growing abundance of misinformation is a problem we have to work on as a society.

Take a little time and effort to find that second or third source for verification before you repost, or even cite it in a piece of schoolwork. Remember also to be true to yourself when publishing any material either digitally or by hand. Choose your own words with diligence rather than opting for the writings of another.

So, my request for 2020, be eternal in your Verity.

Book Talk



with Mrs Marcia Phillips



BRUNY: **Heather Rose**

Bruny is a political drama built around a partnership between a foreign power and the Australian and Tasmanian Governments. Many people are sold on the idea of prosperity coming to Tasmania via the building of a huge bridge to

Bruny Island but not all and as the bridge is nearing completion, sabotage occurs and the intrigue as to who was behind this act of terrorism is explored. The issues of foreign ownership, global expansion by superpowers, coupled with the complacency of citizens and government responsibility, are examined and Rose asks the question - how far are Australians and their governments prepared to go in selling off our valuable and irreplaceable assets?

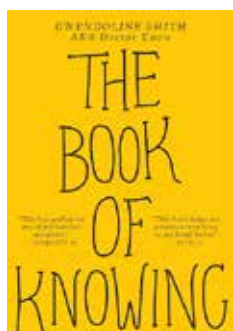


THE WEEKEND: **Charlotte Wood**

Wood has created a memorable group of women who are coming together somewhat reluctantly, to clean out the beach home of a mutual friend. Sylvie was the 'glue' that bound them together and with her death the group is fractured and dysfunctional. Central to the story

is Finn, an elderly dog. Finn is in a constant state of panic and distress and symbolises much of what we fear in ageing.

Wood's story of friendship, loss and ageing is engaging and believable. She displays a light touch in her exploration of what it means to be female and to face the challenges of growing older and facing an unknown future.

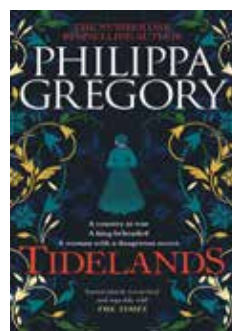


THE BOOK OF KNOWING & THE BOOK OF OVERTHINKING: **Gwendoline Smith**

Psychologist Gwendoline Smith's new book, The Book of Overthinking and her previous title The Book of Knowing are valuable additions to the often much maligned self-help genre.

Both books explain in clear terms,

why some people become totally overwhelmed and suffer with anxiety and depression. Smith explains by understanding how our minds work, our cognitive, biological, behavioural and emotional thinking, much can be done to alleviate the distress caused by overthinking. She offers practical treatment ideas and solutions in an accessible and easily understood format. Both books are highly recommended for teenagers and adults.



TIDELANDS: **Philippa Gregory**

"Her new novel set in the mid 1600's, is a departure from her Plantagenet and Tudor novels and is book one in her new Fairmile series.

Alinor lives in a remote marshland on the south coast of England with

her two children. Her husband is missing at sea and each day is a struggle to feed and care for her family and her future is uncertain and precarious. A chance meeting with an outsider causes Alinor's life to change in unexpected ways.

Tidelands examines the role of women, the political unrest of the day and the suppression of the Catholic faith and no doubt will prove as popular as previous works.



From Thea's Kitchen

Muesli Slice (makes 16 pieces)

Method

1. Preheat the oven to 170°C. Grease and line a 30 x 20cm rectangular slice tin with baking paper.
2. Place the butter, sugar and honey in a medium saucepan over medium to low heat.
3. Stir butter mixture constantly whilst heating, until the mixture is smooth and the sugar is dissolved. Remove from heat and set aside to cool slightly.
4. Combine the chia seeds, pepitas, sunflower seeds, crushed Weet-Bix, your choice of fruit, oats and flour in a large bowl. Combine the ingredients together so that the flour coats all ingredients.
5. Pour the butter mixture into the bowl and stir thoroughly until ingredients are all wet and combined.
6. Spoon the mixture into the lined baking tin. Use the back of the wooden spoon or spatula to smooth the surface of the mixture, then sprinkle with sesame seeds.
7. Bake in the oven for 25 minutes or until golden brown.
Set aside in the cake tin to cool completely for 30 minutes.
Use a serrated knife to cut into squares or rectangles.



Ingredients

60gms butter
½ cup raw sugar
1/3 cup honey
2 Tbs chia seeds
100gms pepitas
100gms sunflower seeds
1 Weet-Bix
¾ cup of dried fruit
(e.g. sultanas, dried cranberries,
dried apricots)
½ cup rolled oats
½ cup self-raising flour
2 tablespoons sesame seeds



The Legacy of a Loreto Education



Above: Mrs Geraldine Frantz & Mrs Maria Myers AC

The end of the 2019 school year heralded the retirement of three long-serving Loreto College Ballarat Board and Committee members, Mrs Maria Myers AC, Mrs Geraldine Frantz and Ms Jan Stephen. For these three inspirational Loreto women, the legacy of their Loreto education manifests itself in their long-term commitment to the school and their belief in the value of a life of service.

Mrs Maria Myers AC (Class of 1964) stepped down from her role as a Director on the College Board after 13 years of dedicated service. Maria is passionate about supporting the quality education of country girls and remains staunch in her belief that it is up to the women who were educated at Mary's Mount or Loreto Ballarat to support the school to continue to offer these students a fine, life-fulfilling education.

Maria's actions speak louder than her words. Maria was appointed Officer of the Order of Australia in 2007. In 2016 she was awarded the nation's highest Australia Day honour, the Companion of the Order of Australia, for eminent service to the community through philanthropic leadership in support of major visual and performing arts, cultural, education, and not-for-profit organisations, and to the advancement of the understanding of Indigenous rock art.

Maria joined the Loreto College Board and the Marketing & Development Committee in 2006 and Chaired the Marketing and Development Committee from 2010 – 2019. We extend our deep gratitude to Maria for her passion and commitment in supporting the advancement of educational opportunities for our students. During her significant period of service and leadership much has been achieved, in particular the

planning and development of the Mary's Mount Centre. The College remains grateful to Maria for her dedicated commitment to establishing an academic scholarship program. Maria has been tireless in her active support of achieving College goals which will benefit countless Loreto students in the years to come.

The involvement in the College of Ms Jan Stephen (Class of 1965) was activated further from the first moment a Development Office was introduced. With a key focus on connecting with our past pupils and supporting their connections with each other, Jan has generously assisted and supported all endeavours. She has been pivotal in re-establishing connections with past pupils and establishing a database from archived records. Jan's contribution to Loreto College extended further in 2010 when she joined the Marketing &

Development Committee. Jan has been a dedicated and energetic member, travelling from her home in Melbourne to make a meaningful contribution.

Jan was a boarder and attended Loreto Abbey Mary's Mount and Loreto Commercial College. She is an active Committee member of the Past Pupils Association and has been instrumental in initiating many reunions including her annual Class reunion in Melbourne and the first Commercial College Reunion in 2018. Jan also made a considerable contribution to the planning and organisation of the successful 2015 Loreto Federation event held in Ballarat. She served for two years on the Executive Planning Committee for Loreto Federation and then took on the role of Catering Convenor for the entire weekend!

After many years also on the staff of Loreto Mandeville Hall, Jan's close connection with the Loreto family continues in her role in the Loreto Province office.

Mrs Geraldine Frantz (Class of 1969) is a past pupil and past parent. As well as her role in local government and as Mayor of the Golden Plains Shire, Geraldine joined the Property Committee early in 2008 and Chaired this committee from 2009 to 2017. She joined the College Board in 2009 and was Vice-Chair for six years before taking up the role of Board Chair from 2018-2019. As Board Chair, Geraldine regularly attended Finance & Risk and Marketing & Development meetings.

At her farewell dinner, Geraldine shared that her father always taught her family to "do something with your life that matters." Geraldine has overseen the renovation and building of the Archives Centre, the Mary's Mount Centre, the Mulhall Centre and played a significant role in the initial planning for the proposed new school campus in Ballarat, amongst other work and her tireless personal contribution. As Board Chair and Vice-Chair, Geraldine demonstrated compassion, empathy, clarity of thought and vision, and a sense of hope

in her leadership and constantly ensured that the Loreto values were reflected in all decisions made. Her consistent and calming presence and outstanding commitment to community service, served as an aspirational female leadership role model for our students. There can be no doubt that, in the spirit of Mary Ward, Geraldine's contribution to Loreto College Ballarat has indeed 'mattered.'

The desire of the human heart to seek truth, to find love and purpose, and to do good in the world are crucial elements of a Christian consciousness, shown through our understanding of the Loreto value of Verity (Loreto Schools of Australia Mission Statement). These three inspirational Loreto women have given a lifetime of support and service to Loreto College. They are fine exemplars of past pupils acting with verity and living the Loreto charism and we will forever be grateful for their contribution to Loreto College.

Below: Ms Jan Stephen (L) & Mrs Angela Walsh 2018 Commercial College Reunion



Loreto Chapel Weddings



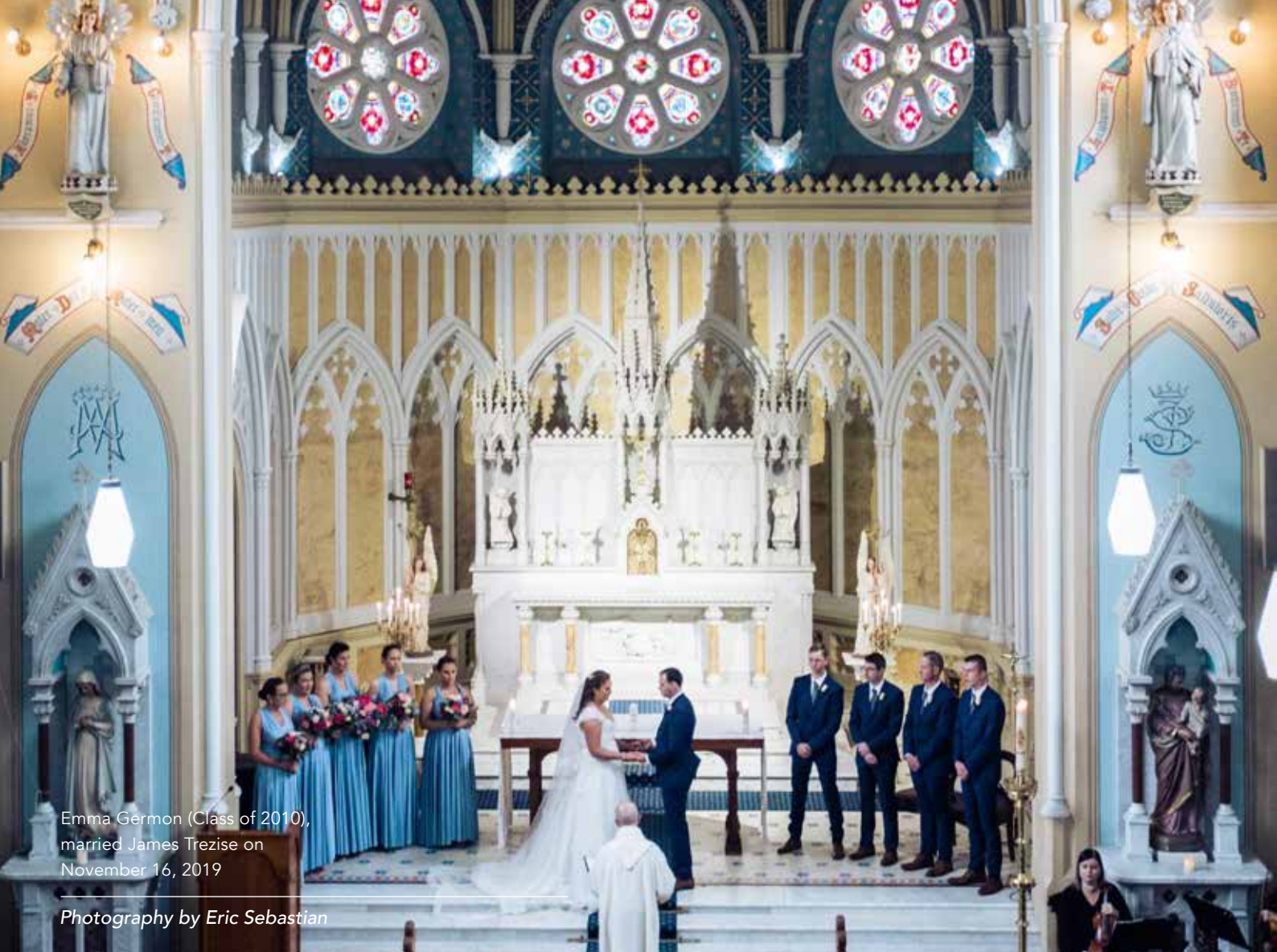
Meg O'Doherty (Class of 2012), married Ayden Hutchings on January 11, 2020

Photography by Sofia Finn - Enchanted Wedding Photography

Kaitlyn Schiltz (Class of 2008), married Luke Gunnell on November 23, 2019

Photography by Free the Bird





Emma Germon (Class of 2010),
married James Trezise on
November 16, 2019

Photography by Eric Sebastian



Tegan Hynes (Class of 2014), married Brendan Wilcox on December 8, 2019

Photography by Alexandra Bradley Photography

Bridget Dooley (Class of 2008), married Thomas Sarah on January 18, 2020

Photography by Shay McInerney



Alumni Updates

Hilary Wilson (Class of 2012)

After graduating, Hilary travelled and worked abroad for a year learning new skills in a non academic setting, something she says she is very thankful for.

Once back in Australia, she completed a Bachelor of Science degree at Melbourne University, completing her degree with a Major in Weather and Climate Science, where she was offered a position in the Bureau of Meteorology's Graduate Program.

Now working as an Operational Meteorologist in Adelaide, Hilary provides weather services to the Australian community, as well as industry planners - including aviation, emergency services, energy and agriculture.

A STEM woman and professional, Hilary looks forward to engaging more with schools and the wider community to share this passion.



Deaths

Mrs Gwen O'Connor (Class of 1945)
passed away August, 2019.

Carmel Cannard (Class of 1958),
passed away December 29 2019.

Patricia Estelle Moran, née Murphy
passed away December 30, 2019.

Sue Parker (nee Thomas) (Class of 1974),
passed away January 2020.

Mary Allen (nee Prendergast) (Class of 1939),
passed away March 8, 2020.

Marriages

In the Loreto Chapel:

Amelia Widdison (Class of 2010), married Tyson Povey on November 9, 2019
Emma Germon (Class of 2010), married James Trezise on November 23, 2019
Kaitlyn Schiltz (Class of 2008), married Luke Gunnell on November 23, 2019
Diana Sullivan (Class of 2002), married Paul Kochskamper on November 30, 2019
Molly Cove (Class of 2016), married Samuel Smith on December 7, 2019
Tegan Hynes (Class of 2014), married Brendan Wilcox on December 8, 2019
Aislinn Seery (Class of 2010), married Darren Kosh on December 21, 2019
Meg O'Doherty (Class of 2012), married Ayden Hutchings January 11, 2020
Bridget Dooley (Class of 2008), married Thomas Sarah on January 18, 2020

Other weddings:

Kayleigh Eastick (class of 2011), married Taylor Raine on February 9, 2019

Reunions 2021 - Can you help?

Ever wanted to help organise your reunion? We are currently looking for expressions of interest for our 2021 reunions.

If you'd like to be involved and your 5, 10, 20, 30, 40 or 50 year reunion is scheduled for 2021 we'd love to hear from you!

A reminder to also update your current contact details with Loreto College if you would like to receive a personal invitation.

Email development@loreto.vic.edu.au before July 31 2020.

Past Pupils' Association

As I write we are living in very uncertain times and I am thinking of many of our older past pupils who may be ill, living alone or are residents in aged care facilities.

I am reminded of the beautiful image of Mary Ward's Circle of Friends and if your school days at Loreto finished in the 1950's or the 1980's or in 2019, we are all part of the global Loreto family. Since the time of Mother Gonzaga Barry past pupils have stayed in contact with their school friends and with their "old school".

In co-operation with the Development Office, the role of the Past Pupils' Association is to continue this tradition through the College website and through "Verity" and through the many avenues of 21st Century communication

now available to us. Please make sure that your current details are up to date so that we can stay in contact.

We invite all past pupils to our annual November gathering which includes High Tea, our Annual General Meeting and the Mass of Remembrance when we remember all who have gone before us. Last year the High Tea was catered for by the current students studying Food Technology as part of the assessment for their course. It was a delightful afternoon with delicious food presented and served so elegantly.

Make a note of this year's High Tea in your diary - November 4th. Entertainment was provided by the recipients of our annual scholarships for performing and visual arts who told us of their aspirations for the future. At

the A.G.M we decided on our annual donations to the works of Mary Ward International and to the annual award to the College Dux, elected the Committee and heard from Ms Potter, our College Principal, of the very busy life of the College in which more than 900 young women are sharing in an education still firmly anchored in the values of Mary Ward and Mother Gonzaga.

The 2020 Loreto Federation conference has been postponed until 2021, (date TBA) to be held at Loreto Marryatville, in Adelaide. We do hope you can gather there with past pupils from Loreto schools across Australia.

Miss Meg Barry
President

We rely on the individual, a family member or representative, funeral director or legal counsel to formally advise the College the details of any births, deaths or marriages to be published in Verity. Only confirmed members of the Loreto Community will be published. We invite deaths notices to be included and commemorated at our annual Past Pupils Mass of Remembrance in November. Contributions gratefully received to verity@loreto.vic.edu.au

Academic Assembly



VCE & VET Highest Study Scores and Award Sponsors

Above: 2019 Academic Award Winners

Accounting

Lara Sartori
Catherine Sims (Class of 1999)

Art

Hazel Lanyon
Dr Margaret Heffernan OAM (Class of 1970)
& Catherine Smith (Class of 1978)

Biology

Sarah Harrington
University of Notre Dame

Business Management

Leilani Scholten
Ann Nathan (Class of 1961)

Chemistry

Abiathar Templar
Melinda Unmack (Class of 1984)

Dance

Annie Wood
Mardi Richardson (Class of 1994)

English

Hazel Lanyon
Anthea Stevens (Class of 2010)

English as an Additional Language

Minh Chau Ho

English Language

Emily Preston
Jan Stephen (Class of 1965)

English Language

Emma Learmonth

Food Studies

Hannah Cahir
Peter Ford Catering

French

Lara Sartori
Lifestyle Travel

Further Maths

Stephanie Jones
Jessica Egan (Class of 1997)

Global Politics

Miriam Litwin
Geraldine Frantz (Class of 1969)

Health & Human Development

Miriam Litwin
Peter Ford Catering

Health & Human Development

Emma Learmonth
Peter Ford Catering

History Revolutions

Miriam Litwin
The Sovereign Hill Museums Association
Hannah D'Antonio
Ballarat Real Estate (Allister Morrison)

Japanese

Ella Norman
Lifestyle Travel

Japanese

Minh Chau Ho

Legal Studies

Taylor Gleeson
BJT Legal Literature

Miriam Litwin

Maria Myers AC (Class of 1964)

Media

Ruby Lockett
MSP Photography

Music Performance

Georgia Martino
Morton Dunn Architects

Physical Education

Mia Clack
Greta Stevens (Class of 2015)

Physics

Abiathar Templar
Avis Car Rental (Darren Rix)

Product Design & Technology

Yvette Haynes
Veronica Micich (Class of 1997)

Psychology

Rachel Landsdown
Maria Myers AC (Class of 1964)

RE & Society

Emily Preston

Sociology

Meg McKinnis
John McDonald

Specialist Maths

Lara Sartori
Trudi Kannourakis (Class of 1972) &
Rebecca Kannourakis (Class of 2009)

Studio Art

Maxi Sam-Morris
Revolution Print

Theatre Studies

Finnley Greet

VET Dance

Isabella Procaccino

VCAL Academic Award

Tamsin Keogh

Dux Speech 2019 - Lara Sartori

“

*Sometimes
you have to
take a step
back from
the stress to
appreciate
this supportive
school with
its amazing
people.”*

Good afternoon Ms Diafas, special guests, teachers, families and girls.

I'm Lara Sartori, and I'm honoured and grateful for the opportunity to stand in front of you today as Loreto's Dux for 2019.

Girls, I hope you are not looking at me or any of the other girls being celebrated at this Academic Assembly as being a naturally gifted bunch who you could never be like. Academic success does not often stem from intelligence but from persistence, motivation and a consistent work ethic. Whilst The Courier may have referred to my study habits as being a "relaxed approach" to Year 12, truthfully, it came down to organisation, hard work and a lot of support from family, friends and the Loreto staff.

I know Year 12 seems daunting and for some of you very distant. When I was in Year 7, my older sister told me how many hours of study she was expected to do each night to keep up with the enormous work load and high pressure environment of VCE. I thought there was no way I would be ready for that by the time I was started Year 12. It was incomprehensible to me. But trust me, Year 12 is not as intimidating as it seems. Loreto prepares you well for busiest year of your high school life.

One thing I learned throughout my time at Loreto is that everyone has their own way of studying. I know teachers and other sources spit out dozens of study techniques but only you can work out what is most effective. In Year 11, I tried getting up at 6am most mornings to finish all my homework before school, but I realised that was not for me. By Year 12, it's important to have your study techniques down. It is much more effort to say to yourself, "oh well, it's just Year 10 or just Year 11, I don't need to work hard until it counts in Year 12." Take the time before Year 12 to work out how you study best; how often and how long.

I absolutely loved Year 12. Girls above me also said the year goes by in the blink of an eye, and it really did. Which is why it is so vital to embrace Loreto life while you can. You do not need to sacrifice the fun in order to study. When I think about last year, I don't remember how difficult or easy my exams or SACs were, I remember dancing in the quad on Valentine's Day, dressing up for GB day and performing a Pitch Perfect routine at Arts Festival. I was someone who was involved in most things from music to sport to leadership. and I discovered you can find a good balance. On top of busy school life, I never skipped an 18th that I wanted to go to or a netball game because I felt the need to study instead.

Personally, I don't feel that I put too much pressure on myself throughout the year. But it is so easy to with the whole system of ATARs and study scores. Ultimately, you want to pick the subjects you enjoy, not the ones that are scaled, because they are the ones you will do well in. I kept my options open for university while deciding subjects that I was passionate about. In hindsight, I also wish I spent less time on ATAR calculator and more time doing another practice exam. Don't focus too much on the end number and don't compare yourself too much to others.

There will be some weeks in Year 12 where you will have no motivation, where you don't want to bother opening up your school bag. Even when I was having a day or week like that, I did a half hour of study here and a half hour there to keep my momentum. I found it best to study steadily throughout the year, I can't even say I studied more during the exam period but obviously everyone is different.

Something important I realised once I graduated is that teachers are an incredible resource. use your teachers and develop good relationships with them. See them in your study periods and ask for help to clarify content or to understand difficult concepts. they are

there, no matter what year level, to help you succeed. Especially in the weeks leading up to exams, I went to see my teachers to help me through difficult questions from my practice exams. But it isn't just my Year 12 teachers that I appreciate. Since Year 7, all my teachers have helped me with my personal and intellectual development, preparing me for both uni and the real world, beyond just class content.

I am very grateful for this school. I would hope most of you agree that Loreto is such a welcoming environment where everyone says hello to each other in the hallways. Loreto tells us to be ourselves and to take action for those that need help. I love that this school did not make me feel like getting the best academic result should be my number one priority. Sometimes you have to take a step back from the stress to appreciate this supportive school with its amazing people.

I would like to congratulate all award recipients, I'm so happy your hard work can be celebrated in front of everyone.

A big congrats to the class of 2019 for making it to the end together.

Thank you to my parents for giving me space when I was feeling stressed and helping me put things in perspective if ever I was overwhelmed. Thank you to Loreto for its amazing opportunities and endless staff support.

Also, I want to thank my friends. One of the things I miss most from last year was probably just sitting in the classroom with the gals eating lunch. They always made me laugh after I felt I butchered a SAC or was worried for one in the next period. So appreciate those little things now while you can.

At the end of last year, I got into the Bachelor of Science degree at Melbourne Uni and am moving to Melbourne in a couple weeks and while I'm sad to have said goodbye to this place, I am so keen to begin the next chapter. Set high expectations for yourself rather than worrying about failing and never feel like you can't strive for what you want because you fear being judged.

Work hard and you may surprise yourself.

Think about how you'll feel walking out of those front gates for the last time knowing you made the most out of your Loreto education.

To the Class of 2020, enjoy every second of school that you have left and make them your best yet.

Good luck girls, and thank you.

Below: Class of 2019 Dux, Lara Satori making her speech.



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