

12 May 2023

Dear Parents and carers,

Dear God,

We ask you to bless all the mothers in the world today. Give them the strength to persevere through the challenges they face, the wisdom to guide their children in the right path, and the courage to overcome any obstacle that may come their way. Amen

This coming Sunday, we celebrate Mother's Day, and we give thanks for our Mum's both with us and those who have passed. We hope that Sunday is a day spent celebrating and remembering those who are very dear to us.



Today, our interschool athletics team competed at Landy Field. Congratulations to all students who represented Iona today and performed at their best. Thank you also to the staff who supported the students throughout the day.

Next week our Year 7 and 9 students attend their camp at Phillip Island and Alexandra, respectively. We look forward to sharing some of the camp experiences with you in the next edition of the newsletter. Best wishes to all as they embark on an exciting adventure.

Culture and Identity News

The State Funeral of Fr Bob Maguire was held last Friday. Bob had a difficult life as the fifth and youngest child of Jim and Annie Maguire who had emigrated from Scotland. His father was troubled by alcohol and anger, while his mother was loving and devoutly religious. In his childhood years, his family lived in poverty and moved frequently. His parents both died by the time he was 15. Bob knew what it felt like to be broken which explains why he understood and embraced human brokenness and why he devoted his life to the broken, the hungry, the homeless, the lost and the excluded. He was a man of the people who saw God in everyone he encountered. At the funeral, Brisbane Archbishop Mark Coleridge spoke of a man of faith and love, a man who at times troubled the institutional Church and its hierarchy, but who “was always on the side of the battler; he was about action, not just words; he rolled up his sleeves and got stuff done; he was down to earth, had mud on his boots; he didn’t judge or condemn; he wasn’t tribal, but opened his door to all.” Fr Bob “didn’t simply visit the world: he made a home in the world. He pitched his tent here unforgettably, and his tent grew larger and larger as more and more people came looking for shelter.” Fr Bob’s religion was about doing good works – he lived his life looking for the outcast, wrapping them up in love and assuring human dignity. We are inspired by this kind of action which gives religion a “chance in this country”.

Every day at Iona we encourage our students to look for Christ-like role models. This term our Religious Education curriculum invites students to look outwardly, to find role models, to notice needs and to consider actions of service. Year 7 students are identifying the admirable qualities of our House patrons and other inspirational people; Year 8s are finding solidarity with people across the globe through discovering that religions of the world share the call to love; Year 9s face the reality of homelessness in the Geelong region and are preparing to engage in service action to provide some relief, and through a human rights study of modern-day slavery, Year 10 students are being led to consider their consumer habits and engage their social conscience for the betterment of humanity. Our students, like Fr Bob, give a face to religion, as through their actions they are the head, feet, hands and heart of God.

The Voice to Parliament

Later this year, most likely sometime between September and December, all Australians over the age of 18 will vote in a referendum. The important topic is whether to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice in Parliament.

Plenty of conversation is happening through media and social circles which is important so that people can decide how they will vote. On Wed 24th May at 5 pm, a free Zoom Webinar exploring the planned referendum will be hosted by Garratt Publishing together with Opening the Doors Foundation. Fr Frank Brennan, SJ and Aunty Vicki Clark, who inducted our FIRE Carriers, will assist participants in understanding what the ‘Voice to Parliament’ actually means. Further details and registration can be accessed at [this link](#). If unable to attend at that time, you are welcome to register and a recording will be sent for viewing at a later date.

Mrs. Carmen Ahearn

Head of Culture and Identity

From the Wellbeing Team

Focus on Improving School Uniform

Our College uniform is a wonderful one, in that it is comfortable and practical, and we are proud of that. As a school we ask that our students wear their uniform in the correct way and as it has been designed. As we continue to empower our students to 'control what they can control', uniform is one of those things where their decisions as to how they wear their uniform will impact upon their interactions with teachers. Ultimately no student wants to be spoken to for being out of uniform, just as no teacher is enthused by the thought of doing so, and hence we are passionate about our young people taking control of this scenario and wearing their uniform appropriately.

Below are some uniform expectations we would like you to discuss and double-check with your young person:

Sport/PE Uniform

- Iona socks are required
- Footwear – Sports/athletic runners with laces are required – supportive footwear for high-intensity exercise is essential to prevent injury
- A reminder that flat sole or slip on or skate shoes are not acceptable – e.g. Converse, Vans, DC and others

Earrings

- Plain silver or gold sleeper or stud allowed; small cross or diamond on earring also acceptable
- 2 earrings allowed in lower lobe only

Nose ring

- Not permitted at the College
- Please note that tape is not permitted to be worn over any piercing at Iona College

Bracelets, rings, necklaces

- Not allowed

Hair

- Tied back off the shoulder – this is an OHS requirement of the College
- Distinct patterns including long dreadlocks, and shave patterns are not permitted
- Hair must not be lower than a number 1 (unless there is a medical reason for it to be shorter)
- There should not be a major discrepancy between long and short/shaved hair
- Hair colouring should be kept natural in colour; extreme colours such as pinks, greens and blues are not appropriate

Make up & Nails

- No obvious make-up to be worn whilst in school uniform
- No coloured nail polish is to be worn
- No acrylic nails are to be worn at the College

Formal Uniform

- Dresses are knee-length
- Formal school shoes – these are to be leather lace-up with a heel or T-bar style, Brands such as Dr Martens, Volley, Vans, Globe, DC, Element, Nike and Adidas, as well as others, all carry a product that is promoted by retail outlets as a 'school shoe', these are not acceptable

Miscellaneous

- Must use your Iona College backpack
- School-approved lock for your locker
- Long-sleeved undergarments under polo shirts are not allowed

Upcoming all School Assembly – Formal Uniform Required

Please note that in recognition of 'Reconciliation Week' we will holding a formal whole school assembly on Tuesday 30th May from 9:10-9:55 am. All students will be required to be in full formal school uniform for this event. Should your young person be missing a particular item of this uniform, please rectify this prior to this date. Uniform items are available at PSW, located at 164 Malop Street, Geelong. Should you be experiencing financial difficulties or barriers to accessing the uniform, please contact one of the Year Level Wellbeing Community Leaders for your young person to discuss the matter privately.

Importance of school attendance

Research suggests that there is a clear relationship between attendance and of academic achievement, student wellbeing and a sense of belonging in a community. The Every Day Counts report by the Victoria Government highlights that 'going to school every day is the single most important part of your teenager's education...missing school puts them behind'. The document also highlights that 'students develop good habits by going to school every day – habits that are necessary to succeed after school, whether in the workplace or further study'.

Melbourne Archdiocese Catholic Schools (MACS) released a great summary document during the week that we thought all parents/guardians may find informative – please view [it online at your leisure](#).

Please continue to monitor the attendance of your young child across the duration of Term 2, as will we, and feel free to reach out to your young person's Community Group teacher or Year Level Wellbeing Leader should you be in need of some extra support in boosting this.

Please note that attendance data can be accessed via the Parental Access Module (PAM). Should you have any queries about this, please call 52290004 and follow the prompts to our ICT department who will happily assist you.

Podcast Recommendations – “How Other Dads Dad”

[In these podcasts](#), famous Australian comedian and media personality Hamish Blake chats with other dads he really admires about their approach to “dadding”, and in the process hopefully we learn a little, are able to steal some of their hard-earned wisdom and help us all dad/parent a tiny bit better. There are lots of good episodes but two of our favourites are the episodes with Rob Sitch and Adam Hills. We hope you enjoy it and feedback of course is always welcome.

We thank you all for your ongoing support and the privilege of working with your young person/people.

Sincerely,

Mr. Ashley Mills (Head of Student Wellbeing) on behalf of myself and the Student Wellbeing Leaders –Mrs. Justine Fitzpatrick, Mr. Greg Mellor, Mr. Nathan Pisani, Mrs. Belinda Dezdjek, Mr. Craig Durran, Mr. Andy Walsgott, Mrs. Lauren Flint, Mr. Luke Reynolds

NGV Excursion

On Friday students from Year 11 Art – Marking and Exhibiting, Year 10 Textiles and Visual Digital Art-i-create attended The National Gallery of Victoria (NGV) Top Arts 2023 exhibition which showcases extraordinary works of art and folios that achieved outstanding results in VCE Art or VCE Studio Arts in 2022.

This exhibition provided a good opportunity for the students to explore the process of art development in “real life” student visual diaries and how students worked towards achieving their end final piece.

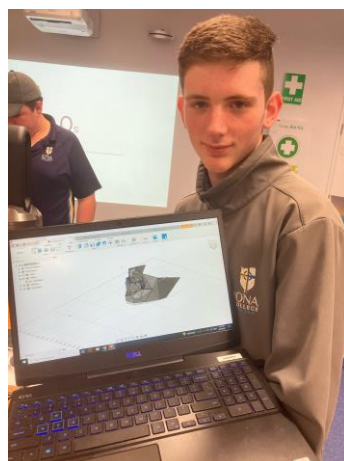
Incredible art pieces were on display around the gallery where students could take photographs, and explore the many artists’ creative processes, imaginative ideas and skilful use of materials across a range of media.





Year 9 STEM Excursion

Last week, Year 9 STEM students attended a two-day design workshop at the Geelong Tech School. This was the culmination of a month-long 'Design for Humanity' unit in which small teams of students developed technologies to address a given humanitarian need. 3D modelling, as well as rapid prototyping methods including 3D printing, thermoforming and laser cutting, were used to realise their designs. A multi-tool, water wheel, covid mask, wind turbine, air purification system, solar still and tessellating building material were some notable highlights.



Meet the Team Series



**IONA MEET
THE TEAM**

ADRIENNE SHAW

Reception

"Make the most of every opportunity you have at school and don't let anyone stop you from achieving your dreams."



Meet Adrienne Shaw, our bubbly front desk Receptionist! With her infectious energy and warm smile, she also fills the role as our star PA announcer 😊. Adrienne has been married to her husband, Byron, for 17 years, and they have two children, Lachlan and Ava. They also have two dogs, Rosie and Reggie. Rosie, a Border Collie X Australian working dog, is 12 years old, while Reggie, a Kelpie X Staffie, is 11 years old.

In her spare time, Adrienne enjoys cooking, reading, playing and watching tennis and watching AFL. She loves spending time with her family and friends, and her favourite foods include potatoes, pasta, chicken, salmon, pizza, risotto, stir fry and party pies.

Adrienne's first job was at McDonald's Restaurant. She is an avid Essendon fan and enjoys watching footy.

Adrienne joined the Iona team because she has heard such wonderful things about the school and staff and wanted to be part of it. Her favourite part about working at Iona so far is the strong community feel of the school, staff and students.

Her words of wisdom for our students were "Make the most of every opportunity you have at school and don't let anyone stop you from achieving your dreams." We're so glad that you decided to join our team Adrienne!

Reminder 'Adulthood 101' Workshop

All Year 9 and 10 parents and guardians are invited to an 'Adulthood 101' workshop presented by Batforce (Barwon Adolescent Task Force). This will be held in our new Resource Centre on Wednesday the 24th of May from 6:00 pm to 7:30 pm.



Adulthood 101

Iona College

Wednesday

24th May

6.00 - 7.30pm

From birth we have 936 weeks before our Children turn 18, by the time they hit high school there are only around 260 weeks left!

Year 9 and 10 come around very very quickly. This is a great time to sit and reflect on what skills we want our Children to have in their tool box as they continue to get ready to launch into Adulthood and begin to explore the steps from the school gate.

This workshop looks at:

- The importance of school family partnerships in the senior years
- How parents and carers can involve community in the raising of their Children.
- How they move from Little 'a' to Big 'A' and become independent people.
- Supporting the development of good decision making skills
- Healthy respectful relationship
- Help seeking
- Work readiness /psychologically safe workplaces (part time and full time)


This 90 minute session is a chance to come together & consider what may lay ahead. It will be interactive and a bit of fun.

Presenter Leigh Bartlett has delivered 100's of workshops to school communities, with a background in education, wellbeing & sports coaching she always presents from a place of 'Great Expectations'. She has also practiced the content on a few kids of her own.

Leigh truly believes that this is a great time to 'check in' & ensure our young people are well equipped for the adventure ahead.

'We cannot be expected as Families to be able to answer every question, however, we can agree to go on the journey with them & support them while they find their feet & solutions.'

Upcoming Community Parenting Forums



**FREE
PARENTING
FORUM**

**A GUIDE TO RAISING A
CHILD WITH ADHD**

There may be no psychological condition more controversial and provocative than ADHD. At one extreme, we see some people say it doesn't exist. Others say it's a result of poor parenting.

But for parents who are raising children with an ADHD diagnosis, their child's behaviour can seem like a wrecking ball.

In "A Parent's Guide to Raising a Child with ADHD", Dr Justin Coulson will explore up-to-the-minute science on what ADHD is, why it occurs, and most importantly, what parents can do to create something at home that feels sane and balanced in an often chaotic climate. This presentation will:

- Explain what ADHD is, and is not.
- Unpack why ADHD is so controversial.
- Review science-supported strategies to help parents guide children with ADHD successfully.
- Provide practical solutions to help create willing participation in family life with a child with ADHD
- Offer family-strengthening tips to support parents, strengthen relationships, and build bonds.



**THURSDAY 8
JUNE**

9.00am–10.30am

VENUE

OneHope Centre
4–32 Province Boulevard,
Highton

BOOKINGS

Scan the QR code



This is a free event but bookings are essential.

FREE PARENTING FORUM

SEX, CONSENT AND
STAYING SAFE



Dr Justin Coulson, one of Australia's leading parenting experts and father to six daughters, has put together a presentation designed specifically for parents of high school students.

How are we supposed to talk to our children – our teenagers – about consent, respect, alcohol and other drugs, staying safe, and all of the risks they face? Between us not knowing what to say, or when or how to say it, and our kids not willing to hear it, we're in a tough spot. But we have to have the conversations. We must. So where do we start?

In this session, you'll hear:

- What teenagers are getting up to in terms of alcohol, drugs, pornography, and sex.
- Why they think they know everything (and why it's so hard to teach them anything)
- Simple ways to have the conversations your teenager needs to have in a way that invites them to want to listen.

**WEDNESDAY 7
JUNE**

7.30pm–9.00pm

VENUE

OneHope Centre
4–32 Province Boulevard,
Highton

BOOKINGS

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code

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Helping Young People with Online Wellbeing

Headspace has created the 'NIP it in the bud early intervention framework'. It's all about promoting and encouraging help-seeking behaviour in young people. [This post focuses on Social media.](#)

Social media can help young people connect to others and share. It can also impact their mental health and wellbeing. It may leave your young person feeling down or unable to switch off. The 'NIP it in the bud framework' from Headspace can help you support young people who may be experiencing challenges associated with social media use early.

The NIP framework helps you to Notice changes in mood and behaviour, Inquire sensitively and competently and Provide information to help young people access the right support. Using this approach, you can help young people to nip challenges associated with social media in the bud before they grow into something bigger. Learn more about this framework on the [Headspace Website.](#)



Nazareth Parish Social Justice Committee

Climate Change is one of the three issues that the Nazareth Social Justice Group (NSJG) is focused on. Climate Change is already affecting millions of the poorest people on Earth. As the major threat to life, as we humans know it, we are called by social justice teaching to take action against it, particularly as there is still time for its impacts to be restricted to a certain extent if governments urgently take action. Pope Francis initiated a call to this action in his 2015 Laudato Si document and has very recently called for the world to "Abandon Fossil Fuels". This Nazareth Parish Petition is intended to be a unified action to raise our voice with our Government. It will be taken to our local, and federal government MPs. For further information and to sign the petition see the [following website.](#)



Staying Well During Winter

As a school community, we are feeling the influence of Covid again, along with other cold and flu-like symptoms.

As we enter the cooler months we ask that our students continue to source great health options by:

1. Getting enough quality sleep, 8-10 hours is recommended.
2. Fuelling their bodies during the day with healthy, non-processed food items, including a fibre-dense breakfast. Fruit and vegetables will boost the immune system.
3. Staying hydrated – aim for 2 litres a day.
4. Doing 20 minutes of exercise a day, and
5. If students are feeling unwell or experiencing COVID, Cold or Flu-like symptoms, please take the time to rest and recover and not attend school until symptoms have resolved.

Thanks for your support,

Damian and Kylie