

8 September 2023

Dear Parents and carers,

Term 3 is quickly coming to an end. What an amazing term it has been, filled with lots of learning and amazing opportunities for our students. This term our focus was on the core value of leadership which is aligned with the MacKillop house (blue) honouring the legacy of Saint Mary MacKillop. Her leadership was characterised by compassion, humility and a tireless commitment to providing quality education to all, regardless of where they came from. Her legacy lives on at Iona inspiring our young leaders as they endeavour to *change the world*. We have asked our students to show leadership this term and tried to 'demystify' the concept of what a leader is. Mary demonstrated leadership in her gentle way, yet was strong and persistent whilst attending to the needs of others. This is what we hope all Iona students can relate to and take forward in their own unique way.

There are examples of student leadership every day. On Wednesday, we witnessed leadership, voice and agency from a small group of students as they represented us in a youth forum designing and having input into the new Armstrong Creek *Headspace*. A big shout out to Talia Gaal, Fletcher Allmand, Nalani Webber, Laylah Mouat and Luca Fraser who alongside other local schools, were able to articulate what they need from a local Headspace centre. The feedback from the consortium was that the session was very valuable, and the students' ideas will guide and shape this important infrastructure for our area.

As our students enter the last week of term, please encourage them to focus on their health and wellbeing. Sleep, good nutrition and exercise are so important to our mood and cannot be underestimated. We look forward to finishing the term with a wonderful celebration next Friday on Columba Day.

This week our thoughts and condolences are with Mr Parker and Mr Boxer as they mourn the loss of their fathers. Our prayers go out to them and their families during this difficult time.

Kylie Power
Acting Principal

R U OK?

In 1995, much loved Barry Larkin was far from OK. His suicide left family and friends in deep grief and with lots of questions. In 2009, his son Gavin chose to champion just one question (R U OK?) to honour his father and to try to protect other families from the pain his family endured. R U OK? was born from lived experience. Next week Thursday the 14th of September is R U OK day.

R U OK? is a public health promotion charity that encourages people to stay connected and have conversations that can help others through difficult times in their lives. The most recent statistics show us that more than 8 people (2022) die by suicide each day in Australia. Here at Iona College, wellbeing and mental health are a priority. If students have any concerns about themselves or others, they can contact their Wellbeing Year Level Leader, or Mary and Naomi in Student Services.

R U OK? Is about skilling people of all ages to check in and connect with others, by the following steps listed below – Ask, Listen, Encourage Action, and Check in.



This is a positive conversation to continue at home, perhaps over dinner or in the car. You could ask your young person if they know about R U OK Day? How can they tell if their friends are upset? Who are the adults they can talk to if they need help for themselves or others?

Some other useful contacts are:

[A conversation could change a life | R U OK?](#)

[Support for family | headspace](#)

[Other Support Services | Parentline](#)

Mary and Naomi

Social Workers – Student Support

Central Australia Experience

For the first time in history, a coach has passed painted silos, crossed the Murray River, passed the canola fields of the Clare Valley in South Australia, passed windmills, passed the Spencer Gulf, passed the mullock heaps at Coober Pedy, passed the sign that marks the border of South Australia and the Northern Territory, passed the road trains, passed emus, kangaroos, dingoes and cattle, passed over the lizards basking on the roads, passed the desert oaks, passed Mount Connor, passed the station roadhouses, finally coming to rest in the centre of Australia at Uluru. The journey of Group A has been amazing and our staff and students can't wait to share stories of their travels on their return to Geelong.



We wish the second group well for their journey to the Red Centre departing this Saturday.

Carmen Ahearn
Head of Culture and Identity

Sports News



Last Friday five of our students headed out for the GISSA Golf Championships at Pt Lonsdale Golf Club with Mr Haintz. The students had a great day out on the course and did well in the competition! Well done!

On Tuesday, the best 20 schools from across the State took part in the Victorian All Schools State Netball titles (after winning their regional competitions). The team comprised of 12 selected girls in Years 7 and 8. We were delighted when our team finished 5th overall!



We may not have taken the final win but to finish **5th in the state**, and top in our region is to be applauded.

Aside from the team's versatility and talent, the girls played with incredible effort for the entire day, with intensity, resilience, heart, and coachability, but most importantly with fantastic sportsmanship and representation of Iona. Thank you also for the continued support from our parent community – your encouragement and voice on the sidelines were very appreciated! Congratulations girls!

Ms. Lofts and Ms. Sutton



On the same day, nine of our students competed in the Secondary Go Girls Geelong Futsal Qualifiers at Sports Hub Geelong and came Runners Up! Well done team! You played an amazing day of futsal against some tough opponents.

Columba Day Reminders



What Uniform is required?

Students should be dressed in Formal Uniform for the day. Anyone participating in the Staff vs. Students Footy game should bring appropriate sports attire to change into after the morning Mass.

How can I purchase food on the day?

Prepurchase – Donuts and BBQ

Vouchers for the BBQ Sausage sizzle can be pre-purchased now for \$3 until **12 pm on Wednesday 13 September** via the Online canteen (GF, Vego and Vegan options are available)

Vouchers for the Columba Day donuts can be pre-purchased now for \$2.50 until **12 pm on Wednesday 13 September** via the Online canteen (GF, Vego and Vegan options are available)

Food Trucks

The following food trucks will be available on the day:

- Pizza
- Dumplings
- Mexican
- Twisto

Payments via debit card are encouraged however cash will be accepted by the food trucks on the day. Stay tuned for more updates as we count down the days.

Busking

If your young person has some musical talent, why don't you encourage them to busk on Columba Day? All they need to do is bring their instrument on the day, set up on the school grounds and give busking a go. This is a great opportunity for them to boost their confidence and develop their performance skills. We will have some staff members busking on the day too.

Music News

Spring Soiree



Spring has sprung! We have had some beautiful sunshine in the past week and next week we will finish the term with some lovely music. Please come and join us for the last formal concert of the year, the Spring Soiree.

As normal please book tickets online using [the Trybooking link](#). These are free but it does help us to know how many chairs to set up for the evening.

Benefits of Orchestral/Ensemble Music Making

The benefits of playing an instrument have been proven to help the development of learning in other academic areas. Music has been shown to positively and permanently change the brain to enhance overall learning. [Watch this short clip on a programme that is running in NSW](#). Research has proven this over and over again, not just in this recent project.

How exactly does playing an instrument benefit your brain?

Watch this wonderful clip from Anita Collins – this has been around for quite a while but many of you may not have seen this. [“How playing an instrument benefits your brain”](#)

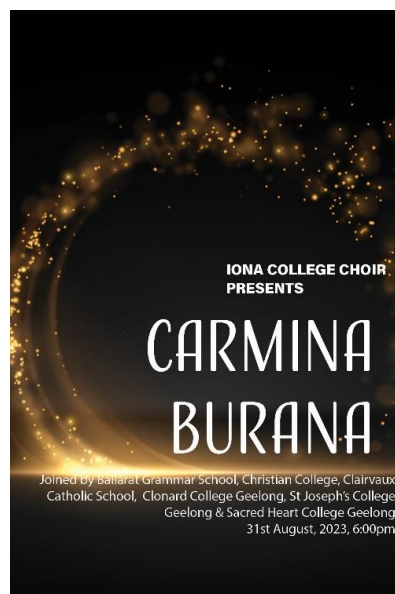
Iona has many orchestral instruments waiting patiently for someone to give them a go. Beginner lessons on these instruments can be done in pairs and this makes it cheaper for families. A shared lesson would cost \$20. Please contact Jodie Townsend if your child is interested in exploring an orchestral instrument and get started in Term 4.

Carmina Burana

It was wonderful to see 18 months of planning come to fruition on Thursday 31st August. As a new school, an event of this magnitude would not be possible without the help and collaboration of others. I would like to personally thank all the staff and students from the other schools who joined us. Christian College Middle and Senior School, Sacred Heart College, Clairvaux Primary School, St Joseph's College and Ballarat Grammar. It was wonderful to work with these groups and collaborative effort was needed for this large choral work.

A special thanks to Christian College Senior School percussion students who accompanied "Carmina Burana". The percussion parts to this work are highly complex and they really did a wonderful job. We were also fortunate to have two of Geelong's best pianists working with us – Regina Thomae and Sonoka Mikaye.

Many other people made this event possible including many of our staff, students and parents. Thank you to everyone. It is hoped that we will do this again in the future with another major work. I am blessed to be working in a school where music is supported by the community.



Choir – Do You Want to Join?

There is no time to rest after our big performance for "Carmina Burana". The choir is now preparing for our end of Term 3 service, a Christmas service in Term 4, a soiree performance and Carols by Candlelight. If any students are interested in joining us for the events in Term 4 please ask them to come and chat to me about this. Students can join for just one event or sign up for the term and see how they go – the more the merrier!

Rehearsals:

Monday lunchtime (this is for those who cannot attend the Thursday afternoon rehearsal)

Thursday 3:10-4:10 pm

I do hope we will have some new people come and join us.

Jodie Townsend

Teacher / Music / Innovation Leader (Pedagogy & Instruction)

Artists of the Week

Middle/Senior School

Our Year 10 i-create students recently enjoyed exploring the use of Hebel for their 3D artworks.



Junior School

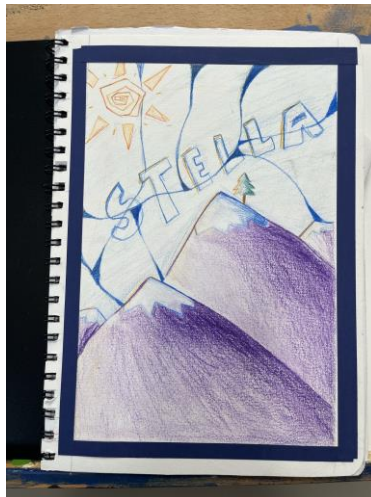
Our Year 8 students have been working on personalised front cover pages for their folios.

Materials: Fineliner, markers and coloured pencils

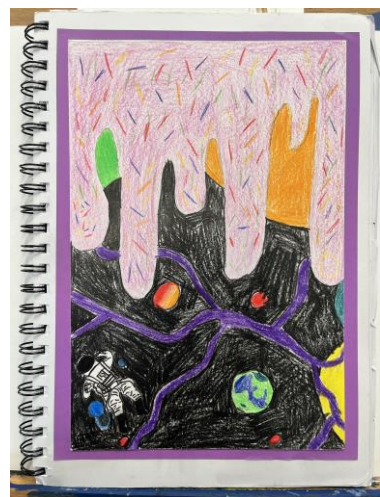
Inspired by: Abstract drawings using a range of Art Elements and Principles within their compositions.



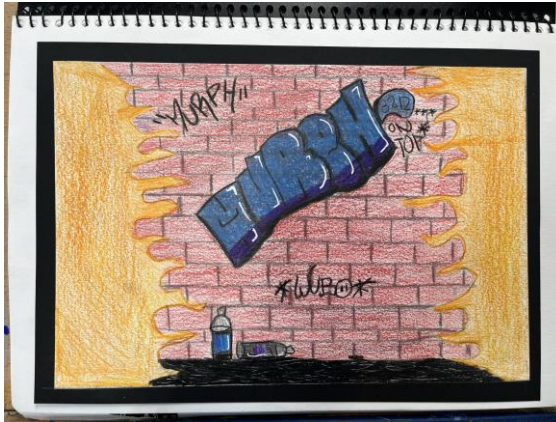
Islah Taylor



Stella Messina



Banjo Perks



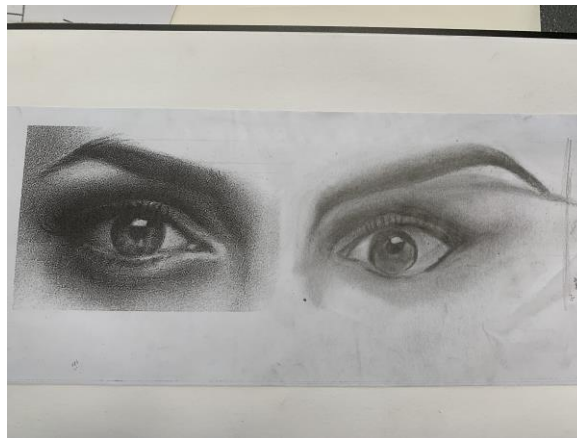
Murphy Ellis



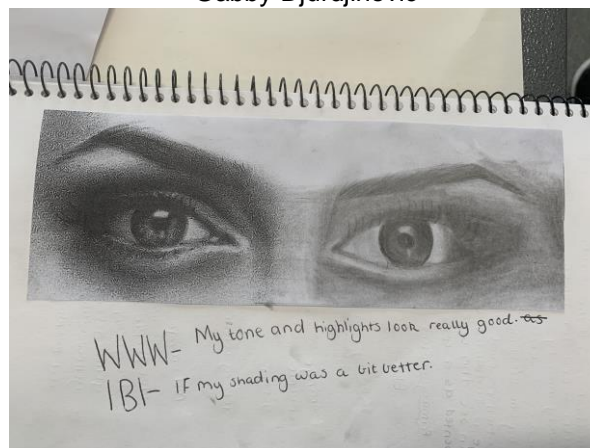
Alexis Goette

Year 7 Eye Rendering

The eye-rendering drawings below were created using grey charcoal pencils.

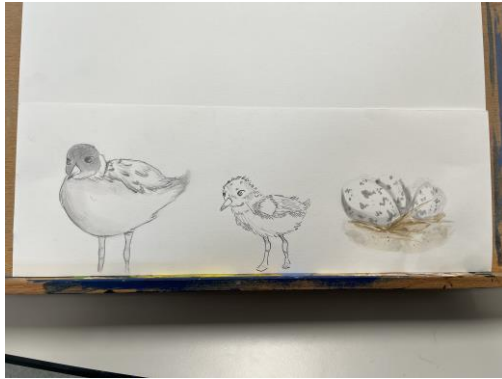


Gabby Djurdjinovic



Elisa MacPherson

Hooded Plover Illustrations – Year 8



Asha Read



Alice Rittinger



Darbi Webber

Materials: Fineliner, markers and coloured pencils

Inspired by: Students have created their own interpretation of a visual story, based on the theme of the Hooded Plover, an endangered species indigenous to this area.

Early Closure - Last Day of Term

The last day of school will officially finish at 2:05 pm. All buses will run as normal from 2:05 p.m. Please note that the Admin Office will also close at 2:05 pm.

Thanks for your support,

Kylie and Ash