

15 September 2023

Dear Parents and carers,

Today, we celebrated the story of 'us', by enjoying our annual Columba Day, aptly named after our patron saint - St. Columba. This is a day where we celebrate all 'we are' as Iona.

Columba Day started with a morning Mass led by Fr. Jim, a perfect start to the day. If you missed the Mass and would like to watch it, <u>a video is available</u>. The message was thought-provoking and encouraging, and we're proud of how our students conducted themselves during the Mass.



We were fortunate to have wonderful weather, ideal for the outdoor activities planned for Columba Day. The Dunk Tank proved to be the most popular activity, closely followed by the Staff vs. Students Footy game. Students also enjoyed refining their dance moves at the stadium's disco, busking, singing their hearts out at Sing Star in the theatre, and participating in games like the egg and spoon race and quiet indoor activities at the Resource Centre. It's safe to say that nobody was bored! Food Trucks served up delicious meals, and the sizzling BBQ offered sausage sizzles.





Columba Day 2023 was truly memorable, and we want to extend a big thank you to all the behind-thescenes helpers who made it all possible.

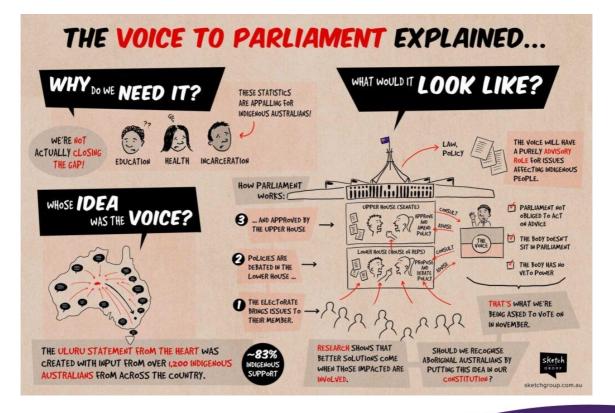
Upcoming Referendum

As you head into the Term 3 holidays, we ask parents and carers to engage in the discussion about the upcoming referendum by listening to the voices and carefully thinking through their personal position on a First Nations voice to parliament. The vote that those who are over 18 will cast on October 14th will be defining for our nation and it is important that voters are informed. We invite you to cast your vote at Iona on this historic day as our Resource Centre will be transformed into a Voting Centre at the request of the Australian Electoral Commission.

To assist you in making your decision, we present a Catholic perspective, and also the words of Fr Frank Brennan, SJ, <u>The Voice referendum: Bringing the country with us (eurekastreet.com.au)</u> who is devoted to the 'Yes' campaign,

"Many voters who will vote 'Yes' will be convinced that the constitutional amendment is perfect, or they won't much care. But for the referendum to succeed, there will need to be a whole other cohort of 'Yes' voters – those who are not convinced that the wording is perfect but who nonetheless think it better for the nation and better for First Nations peoples that the change be made. I am one of those voters, and I would be happy if my example were to assist other voters who might be undecided to take a similar course."

Much is being published through the media in relation to the vote and sometimes the voices become confusing. <u>This visual</u> (seen below) may assist with processing the debate.





Year 10 Central Australia Experience



Our Group B travellers to Central Australia made it to Uluru! It is wonderful to see our students in the spiritual heart of Australia, learning the stories of our land and First Peoples. We look forward to welcoming them home early in the holidays and hearing all about their adventures.

We thank the staff who accompanied the two groups to Central Australia - David Bourke, Sam Wood, Robyn Perera, Carmen Ahearn, Lauren Flint, Kate McLaren, Andrew Walsgott and Lachie Corrigan. These staff leave their own families and put their 'on-site' work on hold so that they can give experiences to young people. It is also a significant undertaking to care for students over an extended period and when so far from home. To these staff, we say a huge thanks for all that you have done to create incredible memories for these Year 10 students!

Year 11 2024 – Cape York Immersion

We are planning for an Immersion to Cape York in September 2024 (14th - 22nd). An immersion carries greater expectations than a camp as participants become fully immersed in the culture and community of others, in this case, students will become closely connected to First Nations people and stories of Cape York.



Red Earth will lead the immersion, and their staff will share information with students and families on the following dates:

- Tuesday 10th October Student Launch (Period 1)
- Monday 16th October Parent/Carer Information Night (Online, 6 pm)

Following the information sessions, students will be invited to apply. We anticipate high demand for the limited number of places that will be offered. Selection of students will be based on a range of factors including attitude, school contribution, behaviour, attendance, ability to manage schoolwork, perceived ability to manage the demands of the trip, and quality of application.

Please put the date of the parent evening into your diary if this is something of interest.

R U OK Day 2023

This year at Iona, we made a splash for R U OK Day, painting our hallways in vibrant shades of yellow! But, here's the secret – every day at Iona feels like R U OK Day because our community deeply values wellbeing at its core.



This week, we want to emphasize a crucial point: it's okay to 'not be okay'. At Iona, we stand together, ready to support one another. To facilitate this, we shared valuable tools, including conversation starters, guidance on how to respond when a friend opens up about their struggles and a general focus on wellbeing awareness.



We invite you to enjoy a <u>fantastic video</u> put together by our incredible Wellbeing Team, with a special shoutout to Nurse Kate for her role in this. We're truly fortunate to have a community that's so passionate about well-being. A big round of applause to our Year 7s and 8s for the part they played in making this uplifting video on our oval. You can find a wealth of additional resources to support yourself and others at <u>www.ruok.org.au</u>.

Let's continue to make every day R U OK Day, fostering a culture of care and support in our beloved Iona community.

From the Wellbeing Team

Balancing support and challenge when working with students

As a staff we encounter the challenge of finding the perfect balance between supporting students and at the same time pushing them to be their best. We know that by establishing and then maintaining mutually respectful relationships we are best able to positively teach a student. We also know certain basics need to be carefully monitored and followed up on should they not be met by our students.

We will launch Term 4 with a welcome back to Mr. McKew and an assembly focusing on our expectations and promoting ways for students to master the behaviours they can control to lay a platform to maximise their holistic growth.

Examples we will highlight to students, among others, include students:

- · Arriving on time to classes with all essential materials
- Sitting in the designated seating plan
- Not opening laptops unless directed to by the teacher
- Not accessing inappropriate sites when using ICT (i.e. no games)
- Being silent during all writing tasks (whispering allowed when the teacher says so)
- Being silent whilst the teacher or someone else in the class is addressing the room
- Keeping the classroom clean and tidying it up at the end of class time with the teacher
- Completing work to the best of their ability
- Contacting a teacher for help if struggling to submit work/complete a task
- Ensuring uniform is correct before entering school for the day

These all align closely with our framework of 'respect and care for self, others, school' which we will continue to promote to our students.

We thank you for your support of us in creating a high-support, high-challenge environment for your child/children.

Further to this, please ensure your young person returns to school in Term 4 with their uniform meeting our College uniform policy. This includes:



Footwear

- Sports uniform footwear Sports/athletic runners with laces are required supportive footwear for high-intensity exercise is essential to prevent injury
- Flat sole or slip on or skate shoes are not acceptable
- Formal school shoes leather lace-up with a heel or T-bar style. Shoes must be buckled/ laced up.

Jewellery

- Bracelets, rings, necklaces, and nose rings are all not permitted.
- Earrings plain silver or gold sleeper or stud allowed; small cross or diamond on earring also acceptable. 2 earrings allowed in lower lobe only.
- Jewellery being worn that doesn't adhere to our policy will be confiscated, a non-flag issued and the item returned at the end of the day. Should it occur a 2nd time, the item will be confiscated, a flag issued and the item returned at the end of the term

Hair

- Must be tied back off the shoulder
- Distinct patterns including long dreadlocks, and shave patterns are not permitted
- Student's haircut 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.

Hats

- A College hat (bucket hat or cap) is required for all Physical Education lessons during and School Sports during terms 1 and 4
- Students are encouraged to be responsible for their health and are required to wear the College designated hat (cap or wide-brimmed hat) during breaks 1 and 2 during terms 1 and 4.

Make up & Nails

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

Reflections on Spring Soiree

Earlier this week I was lucky enough to watch part of our Soiree, led by our Music Leader Jodie Townsend. A big congratulations to all the students who performed. It was so wonderful to see our students showcasing their talents with their loved ones and peers looking on. Thanks to Jodie for leading this and to all the families who were in attendance.

Reflections on College Assembly

It was wonderful to see so many of our students being recognised for their excellence during our end of term College Assembly yesterday. Further to this, it was terrific to see numerous students having the courage to present in front of their peers. Congratulations to Year 8 student Blaire Durran for all her work in fundraising for 'Dolly's Dream', an organisation that raises awareness about the dangers of bullying and harassment. Blaire engaged in this work as part of her passion project – well done, Blaire!

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At the conclusion of each term, we award certificates to students who have demonstrated the virtue linked to the House leading the term; in this case, we were led by Mackillop House, and the virtue was leadership. Leadership was shown by Saint Mary of the Cross Mackillop in many ways – she was a woman of wisdom, kindness, virtue and determination in never seeing a need without doing something about it. The following students were recognised at our assembly for showcasing similar attributes via their leadership across the duration of Term 3:

Year 7

- Zoe Gullo
- Jaz McInnes

Year 8

- Chloe Phillips
- James Barry

Year 9

- Aidan Heffer
- Alex McIntosh

Year 10

- Caleb Conway
- Sienna Law

Finally, well done to Mackillop House for facilitating the assembly, and a special thanks and congrats to Isabella Dunne (Year 10) for her role as MC and to Nora Murray (Year 8) who performed a drum solo.

Podcast recommendations - 'Finding Mastery' with Michael Gervais

Each week, high performance psychologist Dr. Michael Gervais sits down with some of the greatest thinkers and doers in the world to unpack human potential, leadership, health, mindset, and more. As a teacher and parent, I've found many a gold nugget in numerous of these chats. If I were to recommend one to start with, I would recommend <u>this episode</u> with Seattle Seahawks coach Pete Carroll where they explore common mental skills the great performers and leaders, as well as how to apply these principles and practises to areas of everyday life.

Focusing on self-care for our young people over the school break

School holidays can be a challenging time for young people due to increased screen time, a change in routine, and social isolation. We encourage you to explore some of the wonderful resources found on the <u>Beyond Blue website</u> which may be of some assistance.

We thank you all for your ongoing support and the privilege of working with your young person/people and wish each of them a wonderful break before we embark upon term 4!



Acknowledgement of Acting Principal, Kylie Power

On behalf of our College community, I wanted to take this opportunity to thank Kylie Power for the power (pun intended!) of work she has undertaken over the course of Term 3 in her role as Acting Principal. After the sudden passing of her Dad Tony at the start of the term, Kylie has shown remarkable resilience in the face of adversity and has continued to lead our school from the front with her indomitable work ethic and vast expertise. We thank you Kylie for your support and care, and wish you a well deserved break over the coming fortnight, before returning for 3 weeks in term 4 and then enjoying 2 weeks of long service leave thereafter.

Mr. Ashley Mills (Head of Student Wellbeing/Acting Deputy Principal) 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



Spring Soiree

Congratulations to our musicians who performed at the *Spring Soiree* on Wednesday night. It is wonderful to see many musicians improving with every performance, the practice is showing a great development of skills. One of our beginning bands also made their debut with a wonderful version of *Valerie*. Thank you to all those who helped set up to make this concert possible, once again to the musicians and then of course to the faithful audience who continually support our growing music programme.

Jodie Townsend Teacher / Music / Innovation Leader (Pedagogy & Instruction)



Parents of Year 10-12 2024

You will notice in the upcoming Booklist a calculator item: TI-Nspire CXII CAS. The booklist cost is \$269.95

This is a <u>required</u> item for all students in **Year 10 Mathematics Core**, **Year 10 Pre Mathematical Methods**, and **any VCE mathematics** studies. We understand this item is expensive, but it is a required item for continued maths studies.

We suggest that rather than purchase from the Booklist, you purchase the calculator substantially discounted <u>using this online order</u>, for \$235.

Alternatively, you may also be able to purchase the calculator second-hand from a Year 10 student who is not moving forward with studying mathematics in VCE or has completed mathematics at another school. This would need to be organised by yourself, and independently of Iona.

We want every student to have access to mathematics at our school and understand financial strain may have an impact. Any questions or concerns please contact Louise Keating via <u>louise.keating@iona.vic.edu.au</u>.

Immunisation Catch up Sessions

If your child has missed out on their school-based vaccinations, it's not too late to catch up! Secondary school immunisations are provided free to students in Year 7 and Year 10. Catch up for secondary school immunisations is free up to 19 years of age.

Barwon Health immunisation service will offer catch-up school immunisation sessions at different venues around Geelong during October in addition to our regular weekly sessions.

October is School Immunisation Catch up Month

Belmont Vaccination Center-1-17 Reynolds Rd, Belmont - Wednesdays, Fridays and Saturday mornings (18th, 20th & 21st October). Bookings can be made online.

Bellarine Aquatic and Sports Centre (BASC) - Ocean Grove- Thursday 19th October, 3.30-6.30 pm. <u>Bookings</u> can be made online.

Barwon Health North – Tuesday 17th and Friday 20th October, 3.30-6.30 pm. Bookings can be made online.

Armstrong Creek East Community Hub – 3.30-6.30 pm. Bookings can be made online.

Any Year 7, 8, 9, 10, 11 or 12 age students up to 19 years of age, who have missed their immunisations at school can catch up via Barwon health immunisation service or their GP. Outside of these extra sessions, bookings are available through Barwon Health <u>regular weekly sessions by booking online</u>.

To see if your child is due for any vaccines, check your child's immunisation history statement on the Australian Immunisation Register using your MyGov account. If your child is over 14, they will need to access their immunisation history statement themselves through their own MyGov account or the Medicare mobile app.

Learn more about school-based vaccinations and why they're important:





Immunisation in secondary schools Some immunisations are recommended for all Australian teenagers. www.betterhealth.vic.gov.au

Please phone Barwon Health Immunisation on 42156963 if you have further questions.

Resource Centre News

It's been a big term here in the Resource Centre. We have been busier than ever with classes in for reading and research lessons and lots of students using our facilities during breaks for reading, homework, studying and playing card and board games. We've had events and incursions held in the space and been involved in assemblies and College events like the Carmina Burana music concert taking photos of and recording the performances. And of course, we have been assisting our students with their IT issues and loaning them lots of books.

The highlight of our Term was celebrating our Resource Centre Library during the Children's Book Council of Australia Book Week in August and launching the Library website and Online Catalogue for our staff and students to access. It's your student's gateway to lots of great resources like the EbscoHost Research database, ClickView and ePlatform ebooks with more to come!

Congratulations to Ngahuia Puru of Year 10 for winning our inaugural Book Week Quiz. Ngahuia won a \$30 Dymocks Book voucher for demonstrating her stellar knowledge of literature! We're excited to be receiving new books almost every week and building the collection for our students who are taking great advantage of the growing collection and borrowing at a terrific rate.

We hope that all our students enjoy a happy, restful and relaxing break and get a chance to enjoy some quiet reading time. We look forward to having you all back here in Term 4 for further exciting Resource Centre developments.





OZChild Local Foster Care Agency

Sould you care for a child in your home? Local foster care agency, OzChild is looking for families who might be interested in opening their homes and their hearts to provide local kids with short or long-term care.

To learn more about becoming a foster carer with OzChild visit ozchild.org.au

Festival Indonesia 2023



After a day of cultural fun? Then Festival Indonesia is for you! Enjoy cultural performances, live music, workshops, food & trade stalls. Sunday, October 8th 10 am Argyle Square, Carlton.

We hope that our community has a restful break. We look forward to welcoming our students back for our final Term of the year on Tuesday the 3rd of October as Monday the 2nd of October is a Staff Professional Development (Student Free Day). This is a reminder that the Administration Office will be open from 8:30 am to 3 PM during the first week of the school holidays and will be closed for the second week of holidays.

Thanks for your support,

Kylie and Ash