

**18 July 2024**

The Gospel of last Sunday (Mark 6:7-13) speaks of Jesus's sending out of the twelve disciples in pairs to preach, anoint and heal the sick. This mission was all about spreading Gospel messages of love, justice and transformation through faith. The disciples were told to just take themselves, to leave carrying nothing but a staff, and trust that they would be shown hospitality while on their journey. The disciples would have been challenged by this as they needed to trust that God would provide for them. People in the towns would have been challenged by the expectation that they would welcome strangers and care for those who were in need and who had travelled with only the clothes they were wearing. The Bible was written so long ago but the messages are still relevant for us today – consider when we are challenged by the call to go out and serve others, and also when we are required to interact, host and care. In light of this Gospel reading, we reflect on how fear and intolerance can reduce our capacity to be welcoming and hospitable, for example to refugees and asylum seekers who arrive on our borders seeking safety, and we consider how we can approach others in ways that honour human dignity and worth. God is in each of us and this week we encourage our community to look for God in those who we encounter and welcome them in to enrich our lives.

#### [A Visit to St Mary's Primary School, Kabata-Kiruuli, Uganda](#)

Mr. Tom Chalkley and Mrs. Carmen Ahearn travelled to Uganda during the school holidays to develop our College relationship with the students and staff of St Mary's Primary School, who are the recipients of our annual Term One fundraising efforts. The money that we raise at Iona supports educational outcomes in this impoverished rural area by providing 400 children with a bowl of porridge on their days of school attendance. The school enrolments have increased since we have activated a feeding program. The children are happy and healthy, their academic performance has greatly improved, and they are actively involved in co-curricular activities such as singing, dancing, drama, netball, football and farming. Headteacher Christine sent this message to our community, "allow me to extend my sincere thanks to Iona College... for loving us and supporting our children to study well. Send our loving greetings to all those people at home... may God bless you". We can assure you that the money collected during Term One is greatly appreciated for its positive impact on this Ugandan community. In time, our staff will share more of their wonderful experience in Uganda and also Kenya, where Edmund Rice Australia is doing incredible work to support human flourishing.





### Congratulations

NAIDOC Week was celebrated in the second week of the school holidays. The annual Flag Raising event at Wathaurong was a lovely way to begin the festivities. We are proud to share that our First Nations Liaison Officer, Lisa Couzens, was awarded joint winner of the Wathaurong NAIDOC Award, Nedok Yoongga (Elder/Respected Person) of the Year. Lisa is a highly respected member of the Wathaurong Community, as she is at Iona College. Lisa is generous with her time and is committed to supporting our First Nations students to be their best. She is a very worthy recipient of this Award, and we are very proud of her.



*Photo credit: Wathaurong Aboriginal Co-op*



We are also very proud of Year 9 student, Evie McNamara, who was awarded 'Highly Commended' in the 2024 Young Voices Awards, facilitated by the [Australian Catholics Magazine](#), and sponsored by the Australian Catholic University (ACU). Evie's entry titled 'Listen Up People' was spirited and full of conviction. Well done, Evie, for taking the time to write an entry and for having the courage to share your talents and passion with a wide audience.

#### Volunteering in support of the local refugee community

During the school holidays, Iona was represented by a wonderful group of students and staff at the Term 2 Community Connections Day, hosted by Saint Ignatius College. On this day, volunteers from our local Catholic secondary schools come together to provide activities and a shared meal for refugee and newly-arrived children living in the Geelong region. The aim of the day was fun and connection.

Saint Ignatius staff sent a glowing report about our staff, Ms Gillett and Ms Northeast, who "were just so flexible and positive - it was a blessing to share the day with them". Additionally, it was wonderful to hear our student volunteers described as "kind and considerate of the young people's needs and demonstrating patience and positivity all day". Well done to our participants – we thank you for donating your holiday time and energy to support these children.

Next school holidays, it is our turn to host the event. A call for volunteers will go out during this term and we encourage our students and staff to get involved. Stay tuned for more information.



### Refugee Week – Food Drive

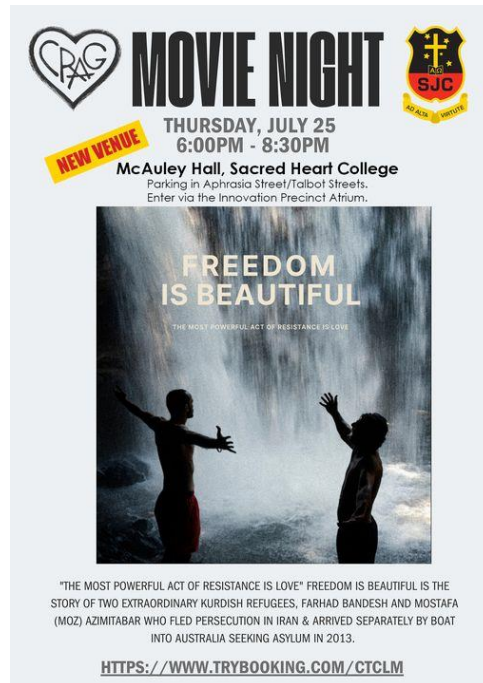
Thank you to our Year 7 and 8 Students, Parents and Carers for the generous donations in support of our Food Drive for the Welcome Place. We were inundated with donations which will be gratefully received by local families who access the Centre.



### Year 11 Connections Day

Next Tuesday, regular classes will be cancelled for Year 11 students as they will participate in a full day program which will allow them to connect to themselves, each other and the world around them. The theme for the day is 'The Good Samaritan' and students will hear from two guest speakers, Rev Dr Elio Capra who will use art to explore the story of the Samaritan, and also Sean Purcell, who collapsed on a Torquay beach and was brought back to life by strangers. Students will travel to the beach for an afternoon of reflection and time with their peers and Community Group teachers. We anticipate a wonderful experience of personal and communal growth as a result of student participation in this event. Year 11 students will be provided with a BBQ lunch and they are required to wear their Sports uniform.

An invitation - Film screening 'Freedom is Beautiful'



As a belated celebration of 'Refugee Week', St Joseph's College Geelong are screening 'Freedom is Beautiful'. All ticket sales go to support CRAG (Combined Refugee Action Group), a local Geelong organisation supporting refugees in our region. All members of our community are warmly invited to this event. [For more information and to book, access the following link.](https://www.trybooking.com/CTCLM)

### The Importance of Sleep!

Is your young person getting the sleep they need to best support their learning, emotional and physical health?

**Approximately 70% of teens experience insufficient sleep.** Our Term 3 focus for learning and wellbeing at Iona is on sleep. Focusing on sleep health at Iona, and in the home, is vital as we become increasingly aware of the relationship between insufficient sleep and reduced academic outcomes, psychological problems, reduced school attendance and increased risk-taking behaviours. I had the pleasure of attending a workshop in Sydney last year facilitated by Lisa Maltman from *The Sleep Connection* and are thrilled to have booked her in to work with our students and our parents in September. The parent evening will be in the **Resource Centre on Tuesday 10<sup>th</sup> September at 6:00 pm.**

Please note this in your diary.

We know that good quality sleep helps:

- Optimize learning, memory and concentration.
- Support students' emotional health and wellbeing.
- Promote positive behaviour and decision making.
- Improve energy levels and promotes healthy growth, metabolism and immune system functioning.

As parents, you play a vital role in helping and modelling smart sleep habits.

#### Parent Program Aims

- **Create awareness** of the level of sleep deprivation among students and the effect this is having on all aspects of their lives.
- **Empower participants** with the knowledge, practical strategies and tools to make informed decisions regarding their sleep health.
- **Equip parents** with ideas they can implement, along with options for a whole-school approach to creating a “sleep-smart school”.

#### Parent Program Content

- Sleep diary, questionnaire and workbook.
- What happens to our brain and body during the 5 stages of sleep?
- How much sleep do we need to function optimally?
- Effects of sleep deprivation on our learning, emotional health and physical health.
- Causes of sleep deprivation: physical, psychological, habits and lifestyle.
- Impact of electronic devices on sleep.
- Signs of sleep deprivation.
- Smart sleep habits.
- Where to get further information and/or professional help.

We all need to work together to try and improve our students' sleep habits. We look forward to seeing you on the 10<sup>th</sup>.

Kylie Power  
*Deputy Principal Wellbeing*

#### Lorne 120 Initiative

Throughout Term 3, a small cohort of year 11 students will be challenging themselves, both mentally and physically, as they partake in the exciting Lorne 120 initiative. Concluding on September 20<sup>th</sup> with a 120km run, the students will journey from Iona College to Lorne and back, focused on raising money in support of the Give Where You Live Foundation, a local Geelong charity.

Give Where You Live is a unique, place-based philanthropic community foundation working in partnership with our community to help all people, and all places thrive. With the drive to continuously help the community of Geelong, Give Where You Live has enabled local organisations to provide healthy, fresh food for their communities, helped to address and reduce homelessness around Geelong, supported the education of children and young people, and done so much more to help every person they can. Their broad fundraising base helps them focus on distributing grants that create change now, rather than building capital for the future. The Give Where You Live Foundation is a community foundation with a difference. More information can be found at: <https://www.givewhereyoulive.com.au>.

Over the course of the term, our team is planning to undertake a variety of fundraising events prior to the run, contributing to our team goal of \$2,000. We invite the Iona College Community to support us in reaching our goal.



Starting the Term off, the Lorne 120 team will be providing a bake stall where students can purchase goodies at recess, with ingredients listed.

During weeks 3 and 6, students will have the opportunity to treat themselves to a sausage and soft drink from the sausage sizzle held at Thursday lunchtime.

Later in the term, the Iona College Community will have the ability to show their support by purchasing some Lorne 120 Support clothes.

Please note that all the proceeds raised going towards improving the lives of the community of Geelong!

*The 2024 Lorne 120 Team*

### Teaching and Learning at Iona in Semester 2

We hope that you and your families have enjoyed a restful and nourishing break. As we begin Semester 2, we are excited to see our students refreshed and ready for a positive and productive start.

We would like to take this opportunity to congratulate the majority of our students on the positive manner in which they finished their academic studies in Semester 1. Your hard work and dedication have not gone unnoticed and we are looking forward to celebrating these achievements in our end of year Celebration of Achievement Evening.

As we embark on this new semester, there will be some changes in Years 7, 8, 9, and 10, including new electives and teachers. We encourage all families to familiarise themselves with the upcoming assessments for their children's subjects via the Parent Access Module (PAM) and to maintain open communication with their children's teachers regarding progress and application. We also ask families to encourage their young people to take a proactive approach to their own studies, by recording assessment dates from SIMON into their student planners.

It is vital for students, especially those in Years 8, 9, 10, and 11, to establish a regular, realistic study program at home. This program should not only include the completion of expected homework requirements but also revision of key concepts, ideas, and skills learned in each subject. To assist families in supporting their young people, please see the below example of what a Study Schedule may look like.



**STUDY TIMETABLE**

	Monday	Tuesday	Wednesday	Thursday	Friday
4pm					
5pm					
6pm					
7pm					
8pm					
9pm					
10pm					
11pm					
12am					

	Saturday	Sunday
6am		
7am		
8am		
9am		
10am		
11am		
12pm		
1pm		
2pm		
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		
11pm		
12am		

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To support our senior students in this endeavor, we have organised two dynamic sessions with Elevate Education next week. On Wednesday the 24<sup>th</sup> of July, all Year 10 students will participate in the "Study Sensei" session run by Elevate. These sessions will run in small groups with seven different presenters who have recent experience in either VCE, or Tertiary study. Our Year 11 VCE and VCE VM students will attend a session also on this day, based on "Time Management." These sessions will provide valuable advice and resources designed to encourage a proactive and mature approach to their Semester 2 studies. Elevate Education will return later in the year to conduct exam-specific sessions for our Year 11 students.

We look forward to a successful and enriching semester ahead.

Ms Kate McLaren  
*Head of Learning and Innovation (on behalf of the Learning Team)*

**Maths @ Iona**

Welcome back to Term 3! We have hit the ground running in mathematics and look forward to a productive term.

**New Staff Member**

Fletcher Long has joined our team this term working with Year 7 and 8 mathematics classes. We're excited to have Fletcher as part of our team and am sure your children will enjoy his engaging style of teaching.

**Years 7 & 8**

Following Semester 1 we have made some changes to our formal assessments in Term 3. You may see these on SIMON as the term progresses. Please feel free to be in touch with me or your child's classroom teacher if you need clarification on these tasks.

### **Year 9 & 10 Homework**

Beginning next week, our Year 9 & 10 students will be receiving weekly homework in addition to their regular class work.

Recently we participated in a professional development session with Dr Jared Cooney Horvath on the science of learning. Dr Jared's science-backed theories on how we learn aligned strongly with the Mathematics Department's experience in how students can cement concepts and ideas into their long-term memory. One aspect of this is the repetition of certain types of questions. The weekly homework is one way we are looking to expose students regularly to mathematical skills and ideas, encouraging them to practice these skills until they are second nature.

Students will have a week to complete their homework, and this is a requirement that will result in a non-flag if not completed. All homework will be listed on SIMON and students can access this and share it with you at home.

Thank you for all your support as we support your students as best we can!

Ms Lou Keating  
*Learning Area Leader (Maths & Numeracy)*

### [IONA Pathways Press](#)

Welcome to the July 19 edition of the Iona Pathways Press - this edition can be found [here](#).

In this edition you will find information about:

- How to subscribe to the newsfeed
- Dates to Diarise in Term 3
- See all VICTORIAN University and Further Education Institute [OPEN DAY](#) dates
- Job seeking sites
- Apprenticeship and Traineeship opportunities
- Melbourne Career EXPO – 26-28 July [Melbourne Career Expo](#)
- Plan Ahead (Sneak peek for 2025)
  - ACU Guarantee
  - RMIT Early Offer Program
  - BOND UNIVERSITY – Application and Scholarship
- Careers in Journalism
- Snapshot of Monash University



### **Find & Subscribe to the Pathways Press Newsfeed**

**For Students:** Visit [Careers](#) to find the Newsfeed and to subscribe, click on 'for students' choose Newsfeed [subscribe to Pathways Press newsfeed](#).

**For Parents:** Visit [Careers](#) to find the Newsfeed and to subscribe, click on 'for parents' choose Newsfeed and [subscribe to Pathways Press newsfeed](#).

To contact the Pathways team please email [pathways@iona.vic.edu.au](mailto:pathways@iona.vic.edu.au).

## First Aid Update



On Tuesday, 6th August 2024, the Barwon Health Immunisation Service will visit our Year 10 students to administer the free Meningococcal ACWY vaccine.

Please complete [the following online consent form via this URL link](#). **Please note that this link will expire 24 hours prior to our visit.**

If you prefer, you can collect paper consent cards from the office.



Below are some informational videos that help explain why this vaccine is given to our Year 10 students:

[Australian Department Health and Aged Care – ACWY Vaccine Animation](#)  
[Australian Department of Health and Aged Care – ACWY Vaccine – Seb’s Story](#)

[It is important to complete a consent form](#), whether consent is YES or NO.

Barwon Health immunisation needs to know that you have received the information and made an informed decision for your child, then no further contact will be required.

If you require more information or would rather this vaccine be given outside of the school setting, please contact Barwon Health Immunisation directly at 4215 4444 or your GP.

Kate Every  
College Nurse

### Attendance Reminder

A reminder for all our parents and carers- school attendance is a high priority at Iona College. We understand that it is not always possible for students to attend every day, so we have developed the guide below to advise on how to report late arrivals, early departures and absences.

If your young person will be absent, arriving late, or leaving early, please log the attendance before 10 am via one of the following channels:

- Via PAM – <https://pam.iona.vic.edu.au> (preferred method)
- Via email – [attendance@iona.vic.edu.au](mailto:attendance@iona.vic.edu.au)
- Via SMS – 0461 457 311

### A timely reminder for students taking an extended leave of absence.

At Iona College, we understand that students sometimes take extended leave for travel. We support our students in these endeavours and look forward to hearing about their adventures and the valuable lessons they bring back to share with our school community.

#### **Extended Planned Absence From Classes (More than five days and up to 3 weeks)**

The College understands that, for a variety of reasons, there may be times when your child is away from school for more than five days. Families wishing to remove their child from classes for an extended leave of absence must complete the Extended Planned Absence and Leave of Absence Form and return it to [registrar@iona.vic.edu.au](mailto:registrar@iona.vic.edu.au).

#### **Leave of Absence (More than 3 weeks)**

Families wishing to request a leave of absence (more than three weeks away from school) must apply to the school Principal. An email outlining the following should be emailed to [registrar@iona.vic.edu.au](mailto:registrar@iona.vic.edu.au) at least one month prior to the Leave of Absence if possible:

- the length of time the student will be away
- the reason the student requires leave of absence
- details of any other schools the student may be attending while on leave of absence
- attach a completed Extended Planned Absence and Leave of Absence Form

PLEASE NOTE: Year 11 student requests (or any Year 10 students who are enrolled in a Unit 1 and 2 subject), must also make contact with one of the following staff to advise of any planned absence. Extended absence for students who are accelerating may result in students needing to be withdrawn from VCE units or their program being reviewed as they will not satisfy the minimum attendance requirement.

- the VCE Vocational Major Coordinator ([matthew.horsted@iona.vic.edu.au](mailto:matthew.horsted@iona.vic.edu.au))
- the VCE coordinator ([anthea.sholl@iona.vic.edu.au](mailto:anthea.sholl@iona.vic.edu.au))
- the Heads of Learning and Innovation ([kate.mclaren@iona.vic.edu.au](mailto:kate.mclaren@iona.vic.edu.au) and [steve.parker@iona.vic.edu.au](mailto:steve.parker@iona.vic.edu.au))

Assessment tasks that are not completed will be reported as 'Absent' in both the Parent Access Module and your child's end of semester Statement of Results, and it may result in 'No Progress' being the outcome for the semester. As a College, we ask parents who choose to remove their child from classes to consider the importance of the experience and the impact that this absence will have on their educational learning.

### Art Department News

Our Year 9 and 10 Textiles students have been working on the projects: Hoodies for Year 10 and trackies or linen pants for Year 9. We are very impressed with their sewing skills!





### Term 3 Dates to Remember

Date	Event
Monday 15 July	Staff Professional Learning Student Free Day
Tuesday 16 July	Term 3 Commences for Students
Thursday 25 July - Saturday 27 July	Combined Schools Musical
Thursday 1 August	Winter Soiree
Tuesday 6 August	Year 10 Immunisations
Friday 30 August	Staff Professional Development Student Free Day
Thursday 5 September	Student Progress Meetings
Tuesday 10 September	Parent/Carer Sleep Connection Workshop
Wednesday 11 September	Student Progress Meetings
Thursday 12 September	Combined Schools Choral Concert (Saint Ignatius College)
Friday 20 September	Columba Day
Friday 20 September	Term 3 Concludes - 2:05 pm
Monday 7 October	Staff Professional Learning Student Free Day
Tuesday 8 October	Term 4 Commences for Students

If you would like to download a printable version of the schedule above, [please access it here](#). This link will be updated each week in the newsletter as new events are added to the calendar.

### Congratulations

It gives us great pleasure to announce that Mrs Carmen Ahearn has been appointed to the position of Deputy Principal of Faith and Mission at Saint Ignatius College Geelong, effective from the start of the 2025 school year. We congratulate Carmen on this well-deserved achievement.

Carmen joined the Iona community in 2020 as part of the College leadership team, initially overseeing wellbeing and learning at Year 7, and more recently leading Culture and Identity at the College. While we will be sad to lose Carmen at the end of the year, we recognize that this opportunity is a natural progression for her career. We are delighted that her skills and expertise are being recognised with this new appointment.

Thanks for your support.

Damian, Kylie and Melissa