

25 July 2024

Dear Parents and Carers,

Fr Elio Capra shared important words with the Year 11 students earlier this week. He spoke of the world in the time of Jesus when the Romans, who were the rulers, had to be the strongest. They ruled with force, ruthless in their pursuit of power and crushing anyone deemed to be weak. Against this narrative, Jesus emerged as a revolutionary figure because he taught that there was another way where the weak should rule the world rather than the powerful. Fr Elio made sense of the scripture reading of Luke 10:25-37, the story of The Good Samaritan, by bringing the artwork of Jacopo Bassano to life. He explained how the hero of the story was one who was unexpected and considered unworthy yet was the one who stepped up to action when others, who should have known better, walked past. Our students were challenged to see Christ in others, hearing, “When you’re helping the poor, you are holding Christ in your arms.”, just as the Good Samaritan held the beaten man. Fr Elio made known that Christianity is “practical, it’s not just about praying but it is about doing. If you see something that needs to be done, do it and do it generously” and “when we continue to look after each other, we follow the great tradition of the Gospel”. Our students and staff left the presentation knowing that the Good Samaritan story is not just one of ‘old times’ but it is a story that lives on in our world today and it must become real everywhere, in our cities, classrooms, playgrounds and our families.



Social Justice Action

In response to the Year 11 Connection Day and the learning in Year 9 RE classrooms last term, parents and carers of these two year levels have been emailed this week to seek their assistance with for a practical action of social justice. The Culture and Identity Student Team are leading an initiative to support the works of **Samaritan House** and **Lazarus Community Centre**, which are both agencies responding to the needs of those who experience homelessness in the Geelong region. We are seeking a donation from each Year 9 and 11 family, of at least one item from the list:

- Beanies
- Gloves
- Socks
- Towels

Items can be taken to Community Group between now and the 7th of August. We thank you for your generosity.

Invitation

Nazareth Parish Priest, and member of the College Advisory Council, Fr Linh Tran is leaving the Parish in late September to take up a new appointment in Melbourne. The Parish will farewell Fr Linh with a Mass and celebration on the 22nd of September. All members of the Iona community are invited to attend as per the invitation included with this edition of the Weekly News. RSVPs are required from families so that appropriate arrangements can be made. Catering will be 'bring a plate', but the Parish Team would like to wait for final numbers so that they can assign what families bring along. It will be a wonderful celebration to mark the 14 years of Fr Linh's service to the people of Nazareth Parish.



From the Student Services Team

Social Media, Your Young Person and Mental Health

Young people are spending more and more time on their phones, and becoming more reliant on social media. Young people accessing social media is not all negative, as it allows them to stay in contact with friends and search for helpful information.

However, there is a dark side to social media. More and more adolescents are picking up self-harming trends on social media, with algorithms fueling the searches further, to keep users on as long as possible. On top of this, a contagion effect can occur with individuals sharing unhelpful information with their friends.

An adolescent's brain is still developing and they are not able to critically reflect on whether the information they are viewing is in their best interests.

Another aspect is that "[Psychologists report teens are basing their self-worth on the number of likes](#) they receive and were obsessively checking their metrics on apps, often left feeling rejected if they did not receive instant approval for their posts."

Experts warn parents who want to manage their child's access to social media to take an open approach not a negative one; to be humble, curious and ask questions.

Tips For Parents from the Experts:

Talk to your children about safety online including the benefits of social media as well as the dangers.

Listen with curiosity and try to learn more about social media apps from the young person by asking them about what they are seeing online. Research shows that more than two hours or three hours a day online could lead to increased feelings of anxiety, depression and negative body image for adolescents. Parents are also urged to monitor their own device usage around children.

If you notice changes in your young person's behaviour or mood, a family discussion around screen free time can be helpful, for example, all phones in the kitchen at 9 pm, no phones at the table when eating, etc. In some instances with younger teens, it may be necessary to remove certain apps from your young person's phone, until they are old enough to discern the dangers of social media.

If you have concerns about your young person, please do not hesitate to contact the Student Services Team via email at studentsupport@iona.vic.edu.au or contact reception.

Mel, Molly and Mary

The Sleep Connection Parent/Carer Night



Join us for an informative evening featuring a presentation by renowned sleep expert **Lisa Maltman**. Learn about the crucial role sleep plays in your child's health and well-being.

Date: Tuesday, 10 September

Time: 6 PM

Location: Resource Centre

Lisa Maltman will provide valuable insights and practical strategies to improve your child's sleep habits, which can enhance their learning, mood, and overall health. This is a great chance to get expert advice and connect with other parents committed to their children's success.

We look forward to seeing you there!

Kylie Power
Deputy Principal Wellbeing

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.

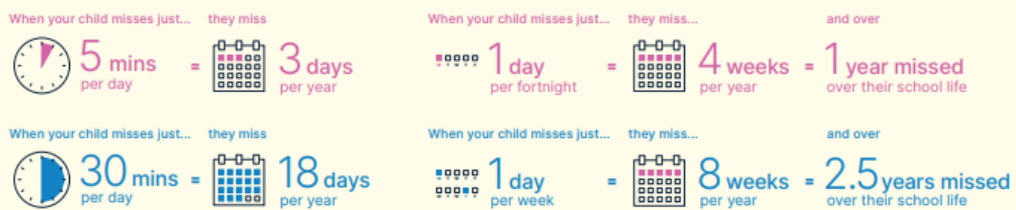
If your young person will be absent, arriving late, or leaving early, please log the attendance before 10 am via one of the following channels:

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

School is better when your child is here

Going to school every day is the most important part of your child's education. There are no safe number of days for missing school – each day a student misses puts them behind and can affect their educational outcomes and their social connectedness. The best thing you can do is support your child to get to school every day.

A positive attitude towards school, healthy habits and routines, and parental involvement can support your child's regular school attendance and prevent chronic absence patterns.



Adapted from material © State of New South Wales (Department of Education), 2023

IONA Pathways Press

Welcome to the July 26 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**
- **VFA Experience Day**
- **Studying Engineering at Monash University**
- **New Sports and Recreation Management Degree – LaTrobe**
- **Studying Medicine at UQ**
- **Psychology Degrees**
- **Snap Shot of Flinders University**
- **Volunteer at the Avalon Airshow 2025**



Find & Subscribe to the Pathways Press Newsfeed

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

For Parents: Visit [iona 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

Canteen News



Please note that lunch orders will be unavailable on Tuesday and Friday next week, but the canteen windows will still be open for service.

Health Department Alert – Whooping Cough (Pertussis)

The Victorian Health Department recently issued a public notice in relation to an increasing number of cases of whooping cough (pertussis) in Victoria, particularly among children aged 10-12.

Pertussis is a highly contagious respiratory illness known for causing a cough and can lead to life threatening infections in babies. Many babies who get pertussis catch it from older children and adults who might not even know they are infected.

Pertussis usually begins with cold-like symptoms, such as a dry cough (occurring in bouts), characteristic 'whooping' sound when breathing in, tiredness, runny nose, and low-grade fever.

Please speak to your doctor (GP) and seek a diagnosis if your child is exhibiting any of these symptoms. Early identification and separation are crucial in preventing the spread to other children.

Pertussis is mostly spread to other people by droplets from coughing or sneezing, so good hygiene practices and immunisations help prevent the spread. Immunisations are particularly important for infants and pregnant women.

If pertussis is diagnosed, your GP will advise on appropriate treatments.

If you have any questions, please speak to your GP.

[Read the full alert here.](#)

First Aid Update



On Tuesday, 6th August 2024, the Barwon Health Immunisation Service will be visiting to administer the free Meningococcal ACWY vaccine to our Year 10 students. Additionally, any Year 7 students who missed their immunisation can receive their Year 7 Immunisation on the same day.

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

Temporary Closure of Surf Coast Highway Level Crossing (Grovedale) – July 31 to Aug 17

To safely complete upcoming rail (and overpass) works between South Geelong and Waurn Ponds stations, the Surf Coast Highway will be closed in both directions between the level crossing and Baanip Blvd from WEDNESDAY, July 31 through to and including SATURDAY, August 17, with works taking place 24/7 during this period.

Due to the scale of disruption to vehicle movements in the area, the increased congestion and potential delays to bus routes transporting students to and from school, local authorities recommend that school staff, parents and carers plan their journey ahead of time using the below maps as a reference.

A travel delay time of up to 20-30 minutes in peak hours is anticipated.

Surf Coast Highway – Vehicle Detour Map



Extension of Marshalltown Road Level Crossing Closure

Local authorities have also advised that the closure of Marshalltown Rd at the level crossing, as previously mentioned in our Newsletter of June 27, will be extended for a further week and now conclude on WEDNESDAY, August 7 (previously July 30).

There will continue to be a free pedestrian shuttle bus to transport students from one side of the level crossing to the other over this extension period.

MACSSIS 2024 Letter of Informed Consent

Each year the Melbourne Archdiocese's requests all schools under their governance to complete the MACSSIS school improvement survey. The MACSSIS school improvement survey allows students, staff and families to have their say and provide critical feedback to assist the college and Melbourne Archdiocese in future planning and growth. Please view the [MACSSIS 2024 Letter of Informed Consent](#). I advise families to read the Informed Consent form and to contact the college if any further information is required.

Michael Hughes
MACSSIS Coordinator

Uniform Update

Exciting news! Later in Term 4, we will be launching a new Senior School rugby jumper for Years 10, 11 and 12. More details will be available soon.

Please be advised that PSW now has our new Girls Lined Sports Shorts [with double piping in stock](#). They are available for purchase at \$42.50. Design details will follow soon.

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
Tuesday 24 September	VCE Unit 4 Practice Exams
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.

Thanks for your support.

Damian, Kylie and Melissa