

**1 August 2024**

Dear Parents and Carers,

The third week of the term has arrived quickly and brought a new challenge of balancing school life with the desire to immerse ourselves in the excitement of the Olympic Games. The time difference of these current Games in Paris has led to late nights for many of our staff and students who have been talking of achievements, setbacks and hopes for athletes in familiar and newly discovered sports. There is no doubt that sport, when played fairly and safely, is a unifying force that brings people together as players, spectators and officials.

Pope Francis speaks fondly of the Olympic Games, and he recently promoted all nations observing the Olympic truce, which originated in Greece in the 8<sup>th</sup> Century BC. This truce called for the suspension of all wars and conflicts during the Games, for seven days prior and for the seven days following, so that participants could compete and travel safely to and from the venue. This historic truce lives on as, since 1992, the United Nations and the International Olympic Committee have worked together to pass a symbolic UN resolution before each Games, inviting UN member states to observe the truce and enter the competition in the spirit of peace. Pope Francis, shares this secular message with Catholic communities across the globe, leading them to see the Olympics as “an exceptional meeting place between peoples, even the most hostile... an unmissable opportunity for all those who come from around the world to discover and appreciate each other, to break down prejudices, to foster esteem where there is contempt and mistrust, and friendship where there is hatred”. Recollecting the happy tradition of this truce, Pope Francis reflects on our troubled world, where peace is threatened, and he advocates for a time of unity, where nations can come together in peace and harmony to enjoy the Games. His plea reflects the Prayer of St Francis, which gives us the words we need when we seek a life of forgiveness, positive relationships and peace.



Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, and joy.  
O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.

### Living our Catholic mission in our world today

Central to the faith life of our school, is the person of Jesus who noticed those who were most vulnerable and who, rather than shying away, reached out to show support, acceptance and love. Jesus was comfortable being with outsiders as he had a strong sense that it was these people who were most in need of compassion and that the Kingdom of God was closer when these people were seen, heard and cared for. We continue the work of Jesus today in our own efforts to support those who are in need. Our students have a strong sense of justice and it is wonderful to see them engaging with opportunities to care for others.

Late last term, our Year 7 and 8 families were extremely generous in their donation of pantry items for Refugees and Asylum Seekers in the Geelong region. We thank our Maintenance Team for their assistance with delivering this large quantity of groceries to The Welcome Place last Friday afternoon. Families visit The Welcome Place for connection and assistance with settlement. Access to a pantry ensures these families, who have limited finances, have access to food and household goods. The contribution made by our families was significant, and we express our gratitude on behalf of the families who benefit from our support. The Welcome Place was thrilled with the generous donation and would like to thank our community for their kindness. They [shared this thank-you message for our community](#) that we wish to pass on: their shelves are now well-stocked thanks to our community's generosity!

We have a few days left to support another need in our Geelong community. As launched last week, we are seeking donations from our Year 9 and 11 families to support those who are experiencing homelessness. Winter, with its cold days and nights, is a particularly difficult time. Please give any donations of socks, gloves, beanies and towels to Community Group by next Tuesday 6<sup>th</sup> of August so that we can arrange delivery to Samaritan House and Lazarus Community Centre.

### The Sleep Connection Parent/Carer Night



The banner features a photograph of three young men in school uniforms on the left. The right side has a dark purple background with white text and icons. The text reads: 'THE SLEEP CONNECTION PARENT/CARER NIGHT'. Below this, there are three icons: a calendar icon for 'TUESDAY 10 SEPTEMBER', a clock icon for '6:00 PM', and a location pin icon for 'RESOURCE CENTRE'.

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 wellbeing.

**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*

Student Wellbeing Support

Our wellbeing team has put this thought-provoking infographic together to highlight Disordered Eating. A [larger version of this infographic can be found on our website.](#)



## DISORDERD EATING

The spectrum of eating & body attitude

Normal Eating	Unhealthy behaviour	Disordered Eating	Sub-clinical Eating Disorder	Severe Issues/Diagnosis
<ul style="list-style-type: none"> <li>• responding to hunger cues</li> <li>• no guilt or 'bad' thoughts</li> <li>• mostly positive body image</li> <li>• healthy body movement</li> </ul>	<ul style="list-style-type: none"> <li>• Restricting foods</li> <li>• Increased body dissatisfaction</li> <li>• Increased need to weigh self</li> <li>• Guilt around eating certain foods</li> <li>• Increased exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Obsessive weight and behaviour concerns</li> <li>• Binge eating</li> <li>• Extreme about body shape &amp; size</li> <li>• Highly with eating patterns &amp; intense physical exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Disordered eating &amp; anxiety for eating</li> <li>• Intense &amp; compulsive thoughts about eating</li> <li>• Symptoms of an eating disorder that are present</li> </ul>	<ul style="list-style-type: none"> <li>• Clinical eating disorder</li> <li>• Severe issues</li> <li>• Eating Disorder Specialist</li> <li>• Intensive treatment</li> <li>• Hospitalisation</li> <li>• Medication</li> </ul>

Did you know.....

If you put **100** eleven year olds on a diet\*...

- 1** Will get anorexia
- 3-4** Will develop a binge eating disorder
- 90** Will go on to a life of yo-yo dieting and poor body image. They will stay the same size, or get bigger and will be told by society that they are lazy and that their weight gain is their fault.
- 5** Will lose weight with no psychological effect.

What to do if you suspect someone has an eating disorder

Be prepared	Listen	Avoid blame	Be Active
<p>Do some research before approaching the person so you have some knowledge about what to expect. ED's can come with stigma, anxiety and shame so be gentle in your approach and be prepared for resistance &amp; remain calm.</p>	<p>Create an environment where the person feels comfortable to talk and listen without judgement. Try to help them express how they are feeling and use "I" statements where appropriate ("I'm worried about you because...")</p>	<p>Avoid placing blame and making assumptions. Let them know that you are coming from a place of care and that you have noticed behaviours that concern you. Remember, you are there to raise concerns and provide support, not to fix them.</p>	<p>You may need to actively help them find the right professional for help. Be in mind that most people who have an ED either don't realise or will not want to accept help. Early intervention is a huge factor in successful recovery so this is an important step.</p>

Tips for healthy body image talk

- Try not to label foods 'good' or 'bad'
- Do not talk about your body in a negative way in front of young people
- Be a positive role model. Challenge your own responsibilities for food and body image and the impact that you have on the general person
- Be aware of what the young person is watching on social media

How the school can help

If you are a concerned student or parent, you can contact either your year level wellbeing leader or one of the student support workers:

Mary.holmes@iona.vic.edu.au  
Molly.morris@iona.vic.edu.au  
Melissa.nancarrow@iona.vic.edu.au

We will work in collaboration with the young person, parents/carers, and external agencies to help provide a more holistic approach. Early intervention is the key in supporting recovery and the sooner we can get the young person the support they need, the better.

Outside agencies & more info

Useful websites	Local agencies
<p>The Butterfly Foundation www.thebutterflyfoundation.org.com.au</p> <p>Eating Disorders Victoria www.eatingdisorders.org.au</p> <p>Inside Out www.insideoutinstitute.org.au</p>	<p>Daniela Equid www.danielaequid.com 0426 005 204</p> <p>The Geelong Clinic www.thegeelongclinic.com.au 03 5240 0700</p> <p>Barwon Health Eating Disorder Service www.barwonhealth.org.au 1300 096 187</p>

Information gathered from:  
thebutterflyfoundation.org.com.au, insideoutinstitute.org.au &  
\*Raising Body Confident Kids, Emma Wright

Iona College Geelong  
242 Horseshoe Bend Rd, Charlemont VIC 3217  
Wadawurrung Country

## First Aid Update



Parents are now authorised to give written consent for the administration of over-the-counter (OTC) medication at school for short-term use (1-2 days). This applies to temporary conditions such as headaches, dental pain, hay fever, etc. For prescription medications or ongoing use of OTC medications, a medical practitioner must complete and sign the Medication Authority Form. This form will be held on file for the duration of their attendance at Iona. This form only needs to be updated if there are any changes in prescription medication.

If you would like your child to have this option whilst at school, please complete the Medication Authority Form found on PAM. Once completed, please upload it to your student's medical profile via PAM by **Monday, 19th August**. Please [view the following video link](#), for updates on medication administration at Iona College and instructions on uploading your student's Medication Authority Form.

Thank you for your assistance, please email [medical@iona.vic.edu.au](mailto:medical@iona.vic.edu.au) or speak to the college nurse if you have any questions.

Kate Every  
*College Nurse*

## 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:

- **Dates to Diarise in Term 3**
- **VTAC Year 12 Guides**
- **What is Visual Merchandising?**
- **News from Monash University**
- **News from RMIT University**
- **Bachelor of Exercise and Sport Science at Federation University (Berwick Campus)**
- **New Pathway Offerings from Deakin College to Deakin University**
- **Banking and Finance Degrees**
- **Snapshot of James Cook University (JCU)**



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

For Students: Visit the College Career website, click on 'for students' choose Newsfeed and subscribe: [Iona College Geelong \(ionacareers.com\)](https://ionacollegegeelong.com.au)

For Parents: Visit the College Career website, click on 'for parents' choose Newsfeed and subscribe: [Iona College Geelong \(ionacarers.com\)](https://ionacollegegeelong.com.au)

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

### Indonesian Independence Day



Indonesian Dance Group, Widya Luvtari (of which our amazing Indonesian Language Assistant Bu Neza is a member), is celebrating its 10th Anniversary on Saturday, 17th August 2024 (which also happens to be Indonesian Independence Day!).

They will be holding a mini dance concert, fun and traditional Indonesian games and a mini food bazaar. The concert will run from 11:00 am - 1:00 pm followed by other activities until 4:30 pm. There may also be a special appearance from some of the Iona Indonesian teachers in a fashion show! More information can be found in the flyer.

What an amazing opportunity for all students studying Indonesian to meet native Indonesian speakers from our local community and immerse in the culture of this amazing nation.

Tom Mckenzie  
*Teacher / Learning Area Leader (Languages)*

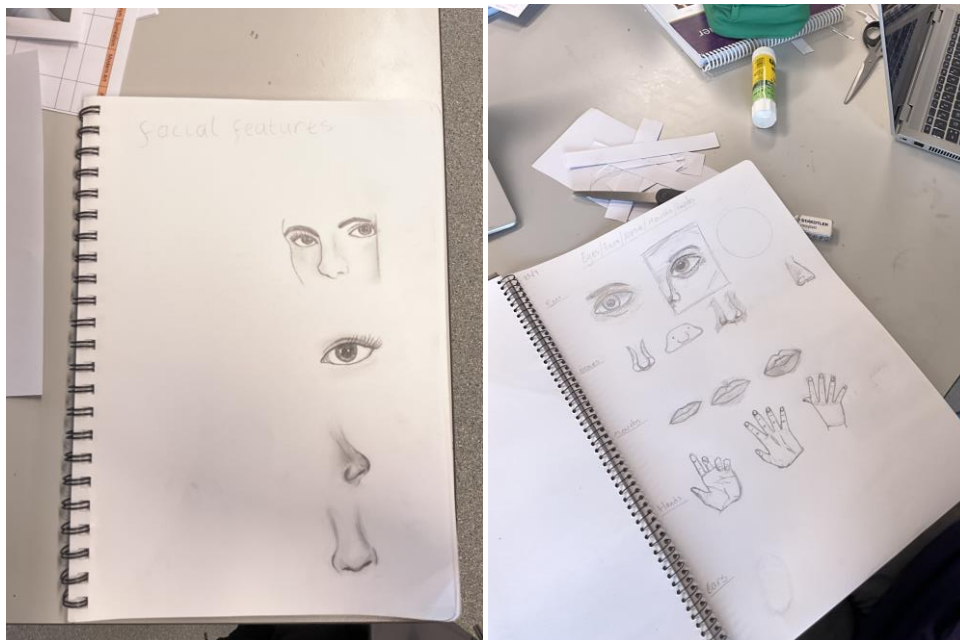
## Art Department News



Take a look at some of the incredible artworks from our Year 9 and Year 10 Design Technology Textile students. Our Year 9s created tracksuit and linen pants, while our Year 10s explored screen printing techniques, resulting in beautiful repeat patterns printed on banners and hoodies they constructed themselves. Some students even used our embroidery machine to add personalized designs to their hoodies, while others showcased their talent with hand-painted artwork on their tote bags.

We're proud to see our students exploring their creativity and talent in this subject!

**Renaissance Art Exploration:** Our Year 10s also delved into Renaissance art, focusing on anatomy, with their exploration beautifully documented in their journals.





Our Year 7 GISSA Art students used Adobe Illustrator to create designs, which were then laser cut from cardboard and coloured with Posca markers.





### 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