

12 September 2024

Dear Parents and Carers,

The media has been closely following Pope Francis on his journey to Indonesia, Papua New Guinea, Timor-Leste and Singapore. An unusual sight was seen on the evening news this week, with the Pope being wheeled aboard an Australian C-130 military transport plane in preparation for his travel to an area of PNG that is so isolated that, for the regular person, it can only be reached by using a machete to hack a path through thick jungle. As the Pope visited these people living at the margins, he carried eight suitcases, each weighing about 30 kilograms, containing food, medicine, toys and primary goods, as well as containers for the food which risks a rapid deterioration in the tropical climate. While heavily loaded with material goods, the Pope also carried a spiritual gift of a message of hope for the people of this world, a message to show these communities that they matter, no matter how remote they are, and also encouragement that each person can be a missionary by spreading God's beauty and love wherever they go. He urged them to be a little like Christ "so that everywhere – in the forests, villages and cities – the beauty of the landscape is matched by the beauty of a community where people love one another." While we might not be lucky enough to have the Pope visiting us in Australia, we can feel gratitude for the joy that a visit from the Pope will spread. In our own world of Iona, we are giving generously to others, as Pope Francis has done on his trip, and we are also encouraging our students to be Christ-like and love others. In our quest for "Learning to Change the World", Pope Francis offers us a role-model worth watching and following.

Nazareth Parish Mass

This Sunday, Mass will be held in the Resource Centre at 9 am. This will be Fr Linh's final Mass at Iona before he departs for his new Parish in Melbourne. Fr Linh is unable to join us on Columba Day, as previously advised, so please come along if you'd like to wish him farewell. All family and friends are welcome.

Re-naming Nazareth Parish

As Nazareth Parish changes with rapid growth in the local area, the Parish Council have shortlisted five new names for the Parish. The aim of this change is to better align the current community with its name. [Families are encouraged to read through the proposed names](#) and cast their vote by the end of September.



Nazareth Catholic Parish Rename

The parish has received your submissions and a team has now shortlisted this to 5 potential names for renaming our parish. Please take the time to carefully read through each suggestion before selecting your preference.

Submit your preference here>
<https://forms.gle/UX6DB5cTFiN4asPd6>



Yarning Wood

With the September holidays so close and the weather on the improve, it is a great time for camping or just being outdoors. To add to your outdoor experience, bags of Yarning Wood are available for \$20 via the Canteen Shop. The bags are sold with firelighters and a set of Yarning Cards to prompt some fireside conversation. Nominate your date of collection and the wood will be ready for pickup at Reception. The proceeds from the purchase of Yarning Wood will go to Wathaurong Youth projects.



R U OK Day 2024



Today at Iona, we celebrated and acknowledged R U OK? Day—a meaningful reminder for us all to check in with those around us by asking the simple question, "Are you okay?" This day is a key part of our calendar, dedicated to raising awareness about mental health and the value of genuine human connections.

The day began with an educational session for students, highlighting the significance of R U OK? Day, followed by a morning tea for staff and a range of fun lunchtime activities.

Starting a conversation can make a real difference for someone who may be struggling in silence. Whether it's a friend, family member, or colleague, taking the time to listen and offer support shows that they are not alone.

You don't need to be an expert—just being there and showing you care can have a big impact. Let's use today as a reminder that asking R U OK? can be the first step in offering hope and support.

For tips on how to start the conversation, visit www.ruok.org.au.

Together, we can build a supportive community where everyone feels heard and valued.

Sleep Connection Evening

Lisa Maltman from The Sleep Connection came to Iona College this week to share the Sleep for Better Health, Resilience and Performance message with Year 7-11, along with parents.

As well as being an expert in this area, Lisa has daughters in Year 12 and university, so she is also passionate about this area from a personal perspective.

The reason we run the program is that many of our students, do not gain sufficient sleep. This can lead to significant negative impacts on their motivation, learning, mental and physical health, among other areas.

Below is some information that explores why your young person might not be getting the sleep they need, along with some tips for improving their sleep in order to better support them in the term ahead.

Why sleep is important at this time:

- **Learning and academic performance:** Good quality sleep is essential for both pre and post learning. Poor sleep decreases motivation, concentration and memory consolidation.
- **Mental health and resilience:** Poor sleep negatively impacts relationships, and overall mood and can be associated with depression, anxiety, negative body image and low self-esteem.
- **Behaviour and decision making:** Poor sleep impacts decision making capacity, has a negative effect on behaviour and increases the risk of accidents.
- **Physical Health:** Poor sleep affects children's physical growth, brain development and plays a key role in weight gain

Additionally, sleep plays a vital role in boosting our immune function and helping us deal with stress. Declines in the quality and/or quantity of sleep can affect our immunity, leaving us more susceptible to illnesses including viruses.

Hours of sleep:

For your reference, most experts recommend 8-10 hrs/ night for our students, for optimal learning and mental health. Many of our students fall well below this.

Top reasons for not getting sufficient sleep:

During the program, the top 4 reasons students generally give for not getting the sleep they need are:

1. Technology/ FOMO (social media, gaming, Netflix, YouTube)
2. Homework/ study
3. Time management/ procrastination
4. Stress

Other frequent comments include: "too many commitments; insomnia; anxiety; body clock; over thinking; job shifts; caffeine; lack of consistency; poor habits and self-control".

Additionally, for our teenagers, we must not forget the:

Changes in their Circadian Rhythm (Body Clock): The hormone melatonin, which promotes sleep, is secreted later during puberty than in children and adults. This delay temporarily resets their circadian rhythm (which is like an internal biological clock). This means that your teen will want to go to bed later at night and get up later in the morning.

For other reasons your young person may not be getting the sleep they need, [please visit the following website](#).

Motivations for Improving Sleep:

Key to improving sleep is understanding the personal impact of poor sleep and having the motivation to improve. For your interest, the top 5 motivations most students give, in varying order, are to improve their:

Concentration, mood, energy, academic performance, sports performance.

Other frequent comments include: "improved mental health; better memory; overall performance; growth, decreased stress levels; relationships with family and friends; reduce headaches; improved overall motivation; health and skin"

Key tips for improving your young person's sleep:

- **Have a conversation** with your young person about sleep and if they feel they get enough sleep.
- **Discuss the impact sleep** may be having on their learning and stress levels, along with their physical and mental health.
- **Body Clock:** If they've allowed their body clock to shift during term breaks, assist them to get their body clocks back into school mode before the start of **term**. This can be done via 15-30 min increments. Reduced technology use at night, along with early morning sun and exercise in the morning will help!
- **Motivation:** Discuss and then focus on their motivations for improving their sleep.
- **What's stopping them from getting the sleep they need:** Together, focus on 1-2 improvements they could make, under the key areas stopping them from sleep, mentioned above.

For example:

- **Start to prioritise sleep and have a bedtime to aim for.**
- **Have a one hour break between study/use of electronics and sleep.**
- **Bedroom an electronics free zone at night, including not relying on mobiles as an alarm clock.**
- **Constantly assist your young person to review their time management.**
- **Consistent bedtime during the week and on weekends.**
- **Implement a wind down period/ stress reduction techniques.**
- **Seek help if you are concerned about the sleep health of your young person or any family member**
- **For further information** - see [Smart Sleep Tips](#)

Sleep impacts all areas of our lives. For further information please visit: [The Sleep Connection](#) . Here you will also find a 6-minute student interview with Monique sharing how improving her sleep positively impacted her academic performance, mood and relationships.

A recording of the insightful parent carer Sleep Connection session has been made available for parents and carers to view over the coming two weeks. We hope that you find it as helpful as we did.

Please find the [online link to the parent session here](#).



We thank Lisa for her work and look forward to working with her in the future.

Kylie Power
Deputy Principal Wellbeing

1 Week Until Columba Day



Columba Day is just around the corner! In only one week, on Friday the September 20th, we'll be gathering for a day of fun, festivities and celebration. Here's what you need to know:

What Uniform is Required?

Students are invited to wear colourful fancy dress for the day. If your young person is unsure of what to wear, the PE uniform is a great alternative. Anyone participating in the Staff vs. Students Footy game should come prepared with appropriate sports attire. Students in 7B and 7D, as well as a select few others, will need to wear their formal uniform for Mass but can change into something more comfortable after the formalities.

Activities Galore!

We have an exciting line-up of activities planned for the day:

- Dunk Tank
- Classic games: egg and spoon race, ball in the bin, and sack races
- Disco Talent Quest
- Sing Star
- 3v3 basketball knockout on the halfcourts
- The iconic Staff vs. Students Footy Game (Junior and Senior matches)
- Quiet activities like board games and cards
- Fancy Dress Parade with prizes
- Welcome to the Lorne 120 Runners

Food Options for the Day

1) Canteen – Over-the-Counter Service

In addition to the food trucks, the **Iona Canteen** will offer over-the-counter service, along with a limited selection of pre-ordered and on-the-day items. With both options available, your young person will have plenty of food choices.

2) Food Trucks

We have a fantastic selection of food trucks:

- The Lil Dumpling Van – Chinese Dumplings
- Gypsy Lunch Box – Burgers
- Twisted Temptations – Twisted Potato
- Chubby Bao – Asian Fusion (Bao) (New to Columba Day)
- Rockin' Donuts – Donuts and Coffee (New to Columba Day)

Important Notice:

Please be aware that **no cash** will be accepted on the day. Students will need a **debit card** to make purchases from the food trucks.

Food Truck Menus for Columba Day

LIL DUMPLING VAN

4 Pieces w free sauce **\$10.00**

8 Pieces w free sauce **\$17.00**

Drinks (sugar free) **\$3.00**

Dumpling Options:

- Pork
- Chicken
- Beef
- Vegetable/Vegan

CHUBBY BAO

BAO 1 for \$7, 3 for \$20

Pho Fried Chicken, cucumber, chilli & fresh herbs Crunch Fried Chicken, slaw, Chubby mayo Beaut Pork belly, pickles, cucumber & peanut (DFO, GFO)

Beast Beef brisket, kimchi, radish, gochujang mayo & spring onion (DFO, GFO)

Sailor Furikake prawn, charcoal buns, slaw, pickles & yuzu aioli Forest Mixed mushroom, water chestnut, cabbage, carrot, garlic, spring onion & peanut (DF, VG, GFO)

Nightshade Eggplant, slaw, Szechuan glaze (DF, VG)

SIDES

Fried chicken **\$17**

Signature fried chicken with Chubby sauce

Sweet potato fries **\$12**

Rosemary salt, sour cream & chives (GF)

Pulled beef fries. **\$15**

kimchi, spring onion & gochujang mayo

Plain chips. **\$12**

COMBOS Meal for One \$28

Choice of 3 baos, 1 side & 1 drink

Kid's Bao Bun Meal \$13

Crunch bao bun & chips Kid's fried chicken Meal **\$13**

Fried chicken & chips

COLUMBA DAY MENU



TWISTED TEMPTATIONS

Twisted Potato	\$10.00
Twisted Combo	\$12.00
One twisted potato and one drink	
Feed for Two	\$22.00
Two twisted potato's and two donuts	
Twisted Mega Deal	\$27.00
Soft Drink (Sugar Free)	\$3.00
Water	\$2.00
Hot Jam Donut	\$2.00

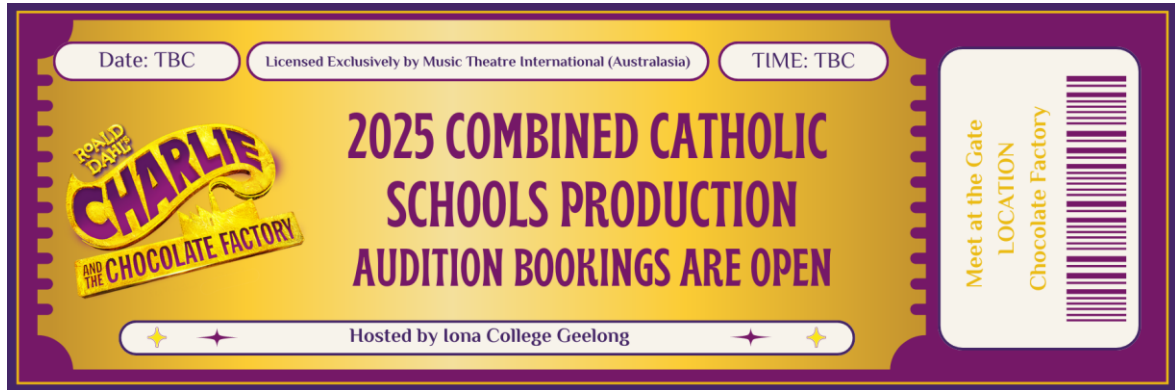
ROCKIN DONUTS

DONUTS	\$2.00EA
Choice of jam, Nutella or salted caramel filling	
Soft Drink Can	\$3.00
375ml	
Milk Shake	\$7.00
16oz	
Spiders	\$6.00

GYPSY LUNCHBOX

Kids Cheese Burger	\$13.00
Angus beef, American cheddar, Westmont pickles, onino, ketchup.	
Angus Beef & Bacon Burger	\$16.75
Angus beef, American cheddar, Lettuce, tomato, onion, westmont pickles, house burger sauce.	
Southern-fried Chicken Burger	\$16.50
Southern-fried chicken, American cheddar, house slaw, chilli mayo.	
Southern-fried Chicken & Bacon	\$16.75
Southern-fried chicken, American cheddar, smoky bbq sauce, ranch, house slaw.	
Double Beef & Bacon	\$21.50
2 x Beef pattie, 2 x bacon, 2 x American Cheese, bbq sauce, house burger sauce, onion, westmont pickles.	
Fish Butty	\$16.50
Beer battered flathead, American cheddar, house slaw, dill, aioli, onion, westmont pickles.	
Smashed Falafel	\$16.50
Lettuce, tomato, onion, coriander, hummus & garlic sauce.	
Fried Cauliflower	\$16.50
Southern fried cauliflower, house slaw, American cheddar, chilli mayo, coriander.	
Side Fries	\$5.00
Tray Fries	\$11.00
Loaded Fries (Bacon, cheese, sauce)	\$13.00
Sticky Asian Chicken Wings	\$15.00
Mac & Cheese Balls	\$15.00
Mac & Cheese Balls	\$13.00
Cauliflower bites & Chilli mayo	\$13.00

Audition Bookings Open for Charlie and the Chocolate Factory



Audition bookings for *Charlie and the Chocolate Factory* are now open. Don't miss out on the chance to be involved in the 'search for the golden ticket'. Book your audition now. Please read the Audition Information carefully in the [following Audition Information Pack](#).

Book by David Greig, Music by Marc Shaiman, Lyrics by Scott Wittman & Marc Shaiman. Based on the novel by ROALD DAHL Songs from the Motion Picture by LESLIE BRICUSSE and ANTHONY NEWLEY

Iona Pathways Press

The September 13th edition of the Iona Pathways Press can be found [here](#).

In this edition you will find information about:

- **Work Experience Opportunities**
- **Melbourne International Games Week**
- **La Trobe University: September Campus Tours**
- **Experience Day at Federation University**
- **William Angliss Institute: School Holiday Program**
- **News from Swinburne University**
- **A Day in the Life of a Swinburne Student**
- **New Bachelor's Degrees in 2025**
- **Diploma of Nursing Pathway at Box Hill Institute**
- **Health Science Degrees in Victoria in 2024**
- **Snapshot of The University of Sydney in 2024**

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 \(ionacareers.com\)](#)

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

To contact the Pathways team please email pathways@iona.vic.edu.au

Changes to Allied Health Observation Policy

Due to an updated MACS policy, external Allied Health professionals will no longer be able to complete classroom-based observations, or observations in the yard. This update does not apply to existing arrangements for individual Allied Health sessions, which will continue as per current procedures.

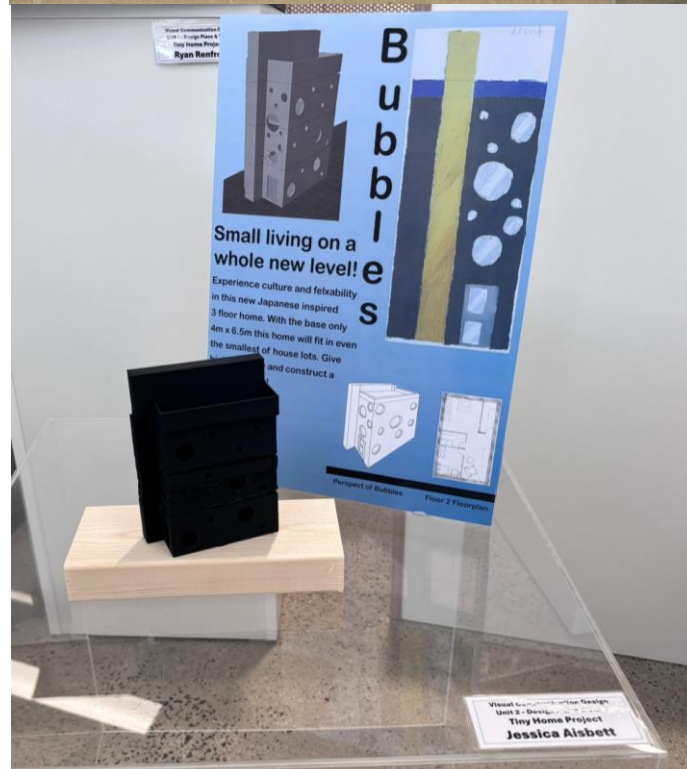
Questionnaires or screeners can continue to be completed by Iona staff, in line with previous practice, as required. Should an Allied Health professional wish to speak with a teacher regarding a student's classroom presentation, engagement or learning experience, these requests can be sent to learningdiversity@iona.vic.edu.au or addressed to the staff member's Iona College email address if known, once parental consent to share information with the nominated Allied Health professional has been provided to Iona College.

Hailey Haynes
Head of NCCD

Art Department News

Our Year 11 Visual Communication Design students, currently studying Unit 2 – Design, Place, and Time, have been tasked with designing a "tiny house" to address affordable housing needs. Their designs aim to provide solutions for low-income workers or families, helping to alleviate the current rental shortages.











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.

Please note that school will conclude at 2:05 pm on the final day of Term 3, Friday, 20th September. The Admin Office will close at 3:15 pm on this day.

Thanks for your support.

Damian, Kylie and Melissa