

**10 October 2024**

Dear Parents and Carers,

Welcome back to the start of what promises to be another busy and fulfilling term. We hope that all within our community have managed to have a good break. This week we welcome back staff members Mr Nick Critchell (who has been on leave for three terms) and Mrs. Kate Erlenbusch who returned from long service leave last term. Mr Critchell will be replacing Mrs. Dwyer's classes who has commenced maternity leave. We also welcome back staff members Ms. Kristin Flynn and Miss Georgia Lappin who participated in a pilgrimage to Rome, Siena and Assisi over the holidays as part of the 'Inspired to Lead' formation program. We look forward to sharing some of the stories from this pilgrimage.

Our final term focuses on our college theme of 'excellence' and will be led by the students of Glowrey House. On Tuesday, we had the opportunity to have a whole school assembly where we acknowledged the many student achievements from last term. We look forward to celebrating the many examples of excellence across the duration of this term.

Last week, Archbishop Peter A Comensoli sent a pastoral letter to the clergy and laity of the Archdiocese of Melbourne, along with a Prayer for Peace written by Cardinal Pizzaballa, Latin Patriarch of Jerusalem. A [shortened version of this letter](#) is shared with you today.

*"As we approach the first anniversary of the 7 October terrorising and evil attack by Hamas on Israel, we have seen from a distance the frightening and destructive consequences that have unfolded, involving many countries and more importantly, many peoples—families, the elderly, the young, the displaced.*

*The lands of Israel, Lebanon, and the Palestinian territories are our Holy Lands, and it is heartbreaking to see where Jesus walked, talked, died and rose, once again on the precipice of an abyss.*

*Recently, I met with Cardinal Pizzaballa, the Latin Patriarch of Jerusalem. His wise words remain with me: a 'solution to conflict does not equate with peace'. Rather, peace comes through the speaking of truth and the fostering of trust.*

*Similar thoughts were expressed in this year's Social Justice Statement, of the Australian Bishops: All of this points to a crisis of truth which creates in turn the crisis of trust lying at the heart of the world's current convulsions; because without trust there can be no peace ... We say: speak truth to build trust and build trust to make peace.*

*In the conflict zones hatred is obscuring truth and hindering peace. This is something we can never give oxygen to in our own country. No to war, and no to the hatred of peoples. Whilst we might feel helpless at what is unfolding overseas, we can ensure that we live truthfully, and work for dialogue and reconciliation at home. As Christians, peace among people, and respect for peoples, must be our choice."*

Parish communities came together in prayer over the weekend, united by a desire for peace in our world. This is the prayer that filled our Churches, and we invite you to join your voices to this action of peace and pray it in your own homes.

### **A Prayer for Peace**

Lord our God,  
Father of the Lord Jesus Christ,  
and Father of all peoples,  
Who in the cross of Your Son  
and through the gift of His own life,  
at great cost You wished to destroy  
the wall of enmity and hostility  
that separates peoples and makes us enemies:  
Send into our hearts  
the gift of the Holy Spirit,  
that He may purify us from every feeling  
of violence, hatred and revenge,  
enlighten us to understand  
the irrepressible dignity  
of every human person,  
and inflame us to the point of consumption  
for a peaceful and reconciled world  
in truth and justice,  
in love and freedom.

Almighty and eternal God,  
in Your hands are the hopes of men and women  
and the rights of every people:  
Assist with Your wisdom those who govern us,  
so that, with Your help,  
they will become sensitive to the sufferings of the poor  
and of those who suffer the consequences  
of violence and war;  
may they promote the common good and lasting peace  
in our region  
and throughout the earth.

Virgin Mary, Mother of Hope,  
obtain the gift of peace  
for the Holy Land that gave birth to you  
and for the whole world. Amen.

—*Cardinal Pizzaballa, Latin Patriarch of Jerusalem*

### Community Connections Day

Our heartfelt thank you to the staff and students of Iona who warmly welcomed the children from Cultura for a day of fun during the school holidays. It was wonderful to be joined by volunteer students and staff from the Catholic Secondary Network. Our hosting of the event made for a really successful day, with thanks received from the Community Development Team at Cultura: "We'd like to extend our gratitude to the staff and students from Iona College, as well as St Joseph's College, Saint Ignatius College, Clonard College, and Sacred Heart College. Their support and participation throughout the day were invaluable. Thanks to everyone's contributions, the day ran smoothly, and the students had an absolutely fantastic time.

It was beautiful to see so many happy faces, with students leaving with big smiles. Everyone felt welcomed, included, and part of something meaningful, which is a testament to the strong sense of community that was fostered.”

Two of our young leaders, Anna Henderson and Jaz McInnes, have reflected on their day: “On Tuesday the 24<sup>th</sup> of September a group of kind individuals gave up a day of their holidays to spend with the Cultura children, a group of multicultural kids aged between 7 and 15. They came and spent a day at Iona where they further connected with each other and got to share joy by doing different activities throughout the day, such as arts and crafts, novelty games, soccer, skipping and badge making.

The day was filled with laughter and games as these kids experienced a fun-filled day with sack races, beaded geckos and lots of soccer goals! The amazing team that helped on the day ranged from Year 7 to Year 11 and some people even came from other schools! We had kids from Clonard, Sacred Heart and St Joseph’s all help on the day as well as the amazing group of staff from here at Iona. The weather was lovely and so great for our barbeque lunch that everyone seemed to enjoy. Everyone was so lovely, and it was a great experience for everyone involved, we had fun with our friends and enjoyed the great community feeling.”



### Feed Geelong Appeal Week

Next week is the 2024 Feed Geelong Appeal and Iona has signed up to support the **Lunch Money Challenge Day** on **Thursday 17 and Friday 18 October**. This is a great opportunity to bring our school community together and have a collective impact on the food insecurities issues facing our local community.

Across the Geelong region, demand for food relief is continuing to increase. “90% of local food relief agencies have experienced service demand growth over the past year, with over 34,293 meals being distributed in our community each week.” This is why, from 14 - 20 October, coinciding with World Food Day, Give Where You Live will be raising funds through the Feed Geelong Appeal to make sure no one in our community goes hungry.



## Celebrating a New Milestone – Senior Student Rugby Jumper

We're pleased to announce that Iona College has introduced a new Senior Student Rugby Jumper for Years 10-12, marking a significant milestone as we grow into a 'complete' secondary school. The jumper will phase in over the next three years and is available for purchase now at PSW for \$93.95. It replaces the current rugby jumper (which will become our Junior Student Rugby Jumper) for Years 10-12.



Parents and carers of senior students will have received an email with more information.

This distinctive jumper reflects the pride, responsibility, and role model status of our senior students, giving them a unique identity within our school community. The phase-in process begins this year and will continue over three years. Please note there is no obligation for families to purchase this item until needed.

Year 12 2025 students will also have the option to purchase a Commemorative Year 12 Jumper, available in February 2025. We encourage all Year 12 students to purchase the Commemorative Year 12 Jumper as a celebration of their final year, though they also have the option to buy the Senior Student Rugby Jumper. More details on the Commemorative Year 12 Jumper will be sent to Year 12, 2025 parents and carers soon.

Maths @ Iona

Welcome back everyone for Term 4! Hope you're all feeling rested after spending the holidays counting cars on road trips, solving sudokus in the sun and doing other mathematical activities (like calculating the extraordinary amount of food kids eat across the day!).

We have some excellent achievements to celebrate in the Mathematics Domain! You would recall that in August we had several students across Years 7-10 compete in the Australian Mathematics Competition (AMC) – Australia's oldest mathematics competition. Each year the AMC give awards to students across Australia, and we are pleased to announce the following award winners from Iona College:

**CREDIT Award (Top 50% of participants across Australia)**

Year 7	Year 8	Year 9	Year 10
Hetvi Arya Finn Burrows Brady Morter Gus Newby Nohane Paul Hannah Szymczak Lillie Taylor Miller Young	Jackson Collier Aaron Deb Kira Hollmer Finn Hudson Annette Kizhakkebhagam Sam McCracken Chelsea Sizeland Elliot Sullivan	Serena Caimano William Cuttriss Josh Hill Kody Hodge Harrison McHale Jed McKenzie Leo Newby Caleb Stobbs Jackson Van Beek Joshua Williams	Felix Abbott Thomas Asbell Aran Best Blair Buttigieg Isaac Curavic Meg Grey Xavier Kapp Alexandra McIntosh Josh McMahon Ash Romain Ned Townsend

**DISTINCTION Award (top 20% of participants across Australia)**



Year 8	Year 9	Year 10
Flynn Pretlove Imogen Heffer Jesse Dragicevic Archie Dickinson	Jack Pentony Billy Connor - Cabrie Saya Turnley	Aiden Heffer Edwin Kizhakkebhagam (also Best in School award)

Well done to these legends! We are proud of everyone who challenged themselves to do this competition. Remember, if you do hard things you give yourself a chance to grow. These challenges and experiences help us to reach our full potential – so keep it up!

I'll leave you with a limerick! I wonder if you can write it out as an equation, and prove it is correct!?!

*A dozen, a gross, and a score,  
plus three times the square root of four,  
divided by seven,  
plus five times eleven,  
is nine squared and not a bit more.*

Lou Keating  
Mathematics and Numeracy Leader

### Iona Pathways Press

The October 11th edition of the Iona Pathways Press can be found [here](#).  
In this edition you will find information about:

- **Melbourne International Games Week**
- **New Streamlined Science Degree at Federation University**
- **Science and Global Studies Double Degree at Monash University**
- **New Commerce Major for 2025 at the University of Melbourne**
- **Studying Science at RMIT University**
- **Virtual Tour of the New City Campus of Flinders University**
- **Medical Imaging Courses in Victoria in 2024**
- **Snapshot of Kangan Institute 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 \(ionacareers.com\)](https://ionacollegegeelong.com.au/ionacareers.com)

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

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

## Online Parent Workshops with Elevate Education

As an extra resource for our families here at Iona, there are a series of upcoming, online workshops offered by Elevate Education, designed to equip you with practical strategies to support your child's learning and wellbeing. These workshops will provide invaluable tools to help you guide your child through the challenges of academic life and set them up for success.

Below is a brief snapshot of the sessions:

- **How You Can Help Your Child Manage Their Time**  
*October 30, 6:30-7:30 pm (AEDT)*  
In this session, you'll learn effective strategies to help your child develop strong time management skills, enabling them to balance their studies, extracurricular activities, and personal time.
- **How To Help Your Child Alleviate Stress**  
*November 13, 6:30-7:30pm (AEDT)*  
Stress can significantly impact your child's academic performance and overall well-being. This workshop will provide techniques for reducing stress and promoting a healthy balance in your child's life.
- **How You Can Build Resilience in Your Child**  
*November 27, 6:30-7:30pm (AEDT)*  
Building resilience is key to helping children overcome setbacks. In this session, you'll explore ways to foster resilience in your child, ensuring they can navigate challenges with confidence.
- **How You Can Set Your Child Up for Success**  
*December 11, 6:30-7:30pm (AEDT)*  
This workshop focuses on long-term strategies to help your child achieve academic success, including goal-setting, maintaining motivation, and creating a positive study environment.

We encourage all parents to take advantage of these valuable learning opportunities, [registrations can be made via the following link](#).



Elevate Education's Term 4

## Parent Webinar Series

Elevate Education delivers high-impact workshops to our students that help to develop their study skills, motivation, and exam preparation. Over the next term, you're invited to join their parent webinar series, where you can help support your child at home by reinforcing the skills they're learning at school.

**Hear expert advice on the following topics:**

***How to Help Your Child Manage Their Time***

30th October 6:30pm (AEDT)

***How You Can Help Your Child Alleviate Stress***

13th November 6:30pm (AEDT)

***How You Can Build Resilience in Your Child***

27th November 6:30pm (AEDT)

***How You Can Set Your Child Up for Success***

11th December 6:30pm (AEDT)

Register today at: <https://go.elevateeducation.com/auschoolwebinars>

World Mental Health Day



**MEANINGFUL CONNECTIONS MATTER 10 10 24**

**WORLD MENTAL HEALTH DAY**

Mental Health Australia

**NEED SUPPORT?**

Kids Helpline 1800 55 1800  
Lifeline 13 11 14  
Lifeline text 0477 13 11 14  
Carer Support 1800 242 636  
SANE Australia 1800 187 263  
Open Arms 1800 011 046

QLife 1800 18 4 527  
13YARN 13 62 76  
Beyond Blue 1300 22 46 36  
Suicide Call Back 1300 659 467  
MensLine Australia 1300 78 99 78  
Butterfly Foundation 1800 33 4673

**SHORT TIPS FOR A MONTH OF MINDFULNESS**

**01 JOIN US**  
Write down a positive mental health goal for this month

**02 STRETCH IT OUT**  
Start your day with a 5-minute stretch

**03 SENSE CHECK**  
Connect with your 5 senses and be in the present moment

**04 PAUSE**  
Before posting, ask yourself who might see it and how could it make them feel?

**05 GOOD VIBES**  
Send a blind text to a good friend

**06 TO-DO LIST**  
Write a to-do list for the week ahead to achieve your goals

**07 GLAM UP**  
Wear your favourite outfit today – the brighter the better

**08 DIGITAL MEDIA MENTAL HEALTH CARE**  
Get some support with Apps such as Mellow or MOST to get you started on your recovery

**09 PRACTICE KINDNESS**  
Listen to this building kindness meditation

**10 WORLD MENTAL HEALTH DAY**

**11 SHARE YOUR MEANINGFUL CONNECTIONS**  
#WMHD24

**12 FEAST**  
Grab some friends and cook up a feast together

**13 SELF-COMPASSION BREAK**  
Find a quiet place and listen to your favourite music or podcast

**14 RESET**  
Take yourself for a walk or a few deep breaths to reset

**15 FURRY FRIENDS**  
Get some pet cuddles. If you don't have one try to borrow a furry friend

**16 JOURNAL**  
Connect with yourself by writing down what's on your mind

**17 DANCE IT OUT**  
Put your favourite song on and shake off any bad vibes

**18 HAVE FUN**  
Take time today to do one of your hobbies or try a new one

**19 SCREENS DOWN**  
Put your screens down for at least 30 minutes before bed

**20 SCREEN BREAK**  
See the #chatsafe advice (@chatsafe\_au) for tips on how to control what you see online

**21 SCRUB UP**  
Take a shower and wash off your worries

**22 GRATITUDE ATTITUDE!**  
Write down or think of 5 things you're grateful for

**23 SUPPORTIVE CIRCLES**  
Keep in regular touch with supportive people

**24 HELP A FRIEND**  
Reach out, check-in, be present and listen

**25 SCHEDULE WORRY TIME**  
15 minutes of worry time lets you deal with your troubles

**26 HIGH FIVE**  
Celebrate a small achievement today

**27 ME TIME**  
Grab a hot drink and get lost in a good book

**28 OLD CONNECTIONS**  
Reach out to a friend you haven't talked to in a while and share a funny memory

**29 SOCIAL DETOX**  
Unfollow toxic people and accounts on social media

**30 GET OUTDOORS**  
Go outside and feel the sun, rain or wind on your face

**31 FUTURE YOU**  
Which tips can you keep practicing for good mental health?

worldmentalhealthday.com.au

This is a collaborative project developed with contributions from: ReachOut Youth Ambassadors and Peer Workers Will, Jenna, Kae, Emily May, Henry, Chase, Chalthral and Maddi, and the research team at Orygen.

orygen REACHOUT

Today at Iona College, we recognised Mental Health Day with an emphasis on the power of meaningful connections. Whether it's connections with loved ones, the community, friends, teachers, support services, or even with Country, each bond plays a role in promoting wellbeing. And don't forget the importance of connecting with yourself.

This World Mental Health Day, we celebrate these connections and raise awareness of how they contribute to good mental health. On days when you're struggling, know that it's okay to not feel okay, but always remember to reach out—help is around you.

Let's take the time today to connect, support and care for ourselves and each other. Check out different ways you can strengthen connections and embrace moments of mindfulness. Take care.


*Iona Wellbeing Team*

## Term 4 Dates to Remember

Date	Event
Monday 7 October	Staff Professional Learning Student Free Day
Tuesday 8 October	Term 4 Commences for Students
Tuesday 8 October	Whole College Assembly - Formal Uniform Not Required
Tuesday 15 October	Year 7 2025 Online Parent Information Night
Monday 28 October - Friday 1 November	Year 7 - 10 PAT Testing
Monday 4 November	Mid Term Break
Tuesday 5 November	Melbourne Cup Public Holiday
Tuesday 19 November - Monday 25 November	Year 11 Exams
Tuesday 26 November	Student Free Day
Wednesday 27 November	Year 11 Ignite Parent Evening
Thursday 28 November - Wednesday 4 December	VCE/VCE VM Ignite Program
Thursday 28 November	Year 7 & 8 Passion Project Expo (Columba Centre)
Thursday 28 November	Awards Celebration Evening (Stadium)
Tuesday 3 December	Carols @ Iona
Thursday 5 December	Last Day of Term 4 (3:05 pm)
Thursday 30 January	Year 7, Year 12 and New Iona Students (Year 8 - 11) First Day of 2025
Friday 31 January	Year 8,9,10 & 11 First Day 2025

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.

## Year 7 2025 Parent Online Information Night



**SAVE THE DATE**  
**YEAR 7 2025 ONLINE INFORMATION NIGHT**

-  TUESDAY  
15 OCTOBER 2024
-  6:00 PM
-  ONLINE

For those parents/carers who have a Year 7 joining us in 2025, this is a friendly reminder about our upcoming Year 7 2025 Parent Online Information Evening next week Tuesday, 15 October, from 6:00 pm to 7:00 pm.

During this session, we'll provide key details about what to expect as your young person begins their journey at Iona College. You'll also have the chance to meet key Year 7 staff, including Wellbeing Leaders, and learn more about our learning journey, extracurricular opportunities, how we support student wellbeing and more.

We look forward to a successful Term 4!

Thanks for your support.

Damian, Kylie and Melissa