

20 March 2025

Dear Parents and Carers,

What a wonderful week we have had at Iona College, welcoming over 600 families, on our Tour and Information Sessions. These tours coincided with the celebration of Catholic Education Week. Our amazing student leaders had the opportunity to show prospective families examples of how our catholic faith and identity play a pivotal role in all we do.



This year's Catholic Education Week theme draws from the motto of the Holy Year, the Year of Jubilee, and the Australian Catholic Youth Festival's theme – 'Pilgrims of Hope'.

Arise, shine; for your light has come, and the glory of the Lord has risen upon you (Is 60: 1).

We hope Miss Georgia Lappin and the student representatives from Iona College have a memorable day celebrating this important week at St Patrick's Cathedral on Friday. We look forward to seeing the Iona College banner amongst the schools' banner procession. A highlight of their day will be the celebration of the Eucharist with Archbishop Peter Comensoli.

In Celebration of Iona College and our own catholic story, we draw hope from the words of our patron, St Columba of Iona.



Be O Lord,
a guiding star above me,
a smooth path below me,
a kindly shepherd behind me
and a bright flame before me;
Today, tonight and forever.
Amen.

Close the Gap 20th March

Today is National Close the Gap Day where we celebrate the resilience, innovation and success of First Nations communities. The theme for this year is *Agency, Leadership, reform: Ensuring the survival, dignity and wellbeing of First Nations peoples*. Close The Gap Day advocates for health equity for all Australians. We marked this day, at Iona College, with awareness-raising activities in community groups. Our fire pit, in the Yarning Circle, was lit as a reminder of the significance and importance of this day.



NATIONAL CLOSE THE GAP DAY

20 MARCH 2025

Agency, Leadership, Reform:
Ensuring the survival, dignity
and wellbeing of
First Nations peoples



If you are interested in supporting the campaign for health equity for Aboriginal and Torres Strait Islander Australians, please sign the pledge below. The goal is to close the gap within 25 years.

<https://closethegap.org.au/join-the-campaign/>

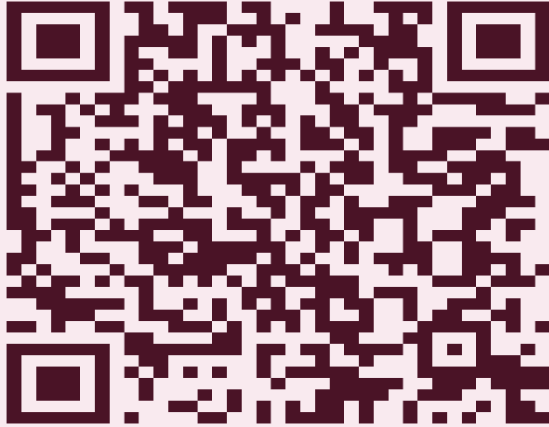
St Mary's Feeding Program, Uganda- Easter Raffle

All students have now received a book of raffle tickets to sell, in support of St Mary's Feeding Program, Uganda. We ask you to please consider supporting this worthy cause. It has been very encouraging to see Easter Egg donations already coming in. Please continue to bring in your Easter Egg donations, or other treats, for our raffle.



You can also make a direct donation to the feeding program [via the following link](#).

As a school community, we recognise the important work that Caritas does through Project Compassion. We will continue to promote this organization, alongside the St Mary's Feeding Program, for the duration of Term One. See the QR code below to donate to Caritas.



Student Progress Meetings



STUDENT PROGRESS MEETINGS

By now, you should have received an email with a link to book your **Student Progress Meetings**. Please take note of the following dates and formats:

Whole School Student Progress Meetings

- Today, Thursday, 20 March
- On-site Hybrid - Face-to-Face & Online
- 3:30 pm – 6:30 pm

- Wednesday, 26 March
- Online Only
- 3:30 pm – 6:30 pm

We look forward to connecting with our families.

Melissa Gould

Deputy Principal Learning

Year 8 Camp Medication

If your student requires prescription medication to be administered while on camp, please ensure the Medication Form is signed by a medical practitioner.

Please note prescription medication and ongoing over-the-counter medication can only be authorised by an AHPRA registered medical/health practitioner.
Over-the-counter medications from approved list require Guardian signature.

Student's Name: JOHN SMITH Date of Birth: 16.6.2009

Please Note: wherever possible, medication should be scheduled outside the school hours, unless on overnight camp, e.g. medication required three times a day is generally not required during a school day; it can be taken before and after school and before bed.

Medication required:				
Name of Medication/s	Dosage (amount)	Time/s to be taken OR Reasons for administration	How is it to be taken? (e.g., orally/topical/injection)	Dates
PANADOL	1-2 TABLETS	AS REQUIRED	ORALLY	Start date: 26/ 2 /25 End Date: / / <input checked="" type="checkbox"/> Ongoing medication
KWELLS	1 TABLET	AS REQUIRED FOR TRAVELL SICKNESS	ORALLY	Start date: / / End Date: / / <input checked="" type="checkbox"/> Ongoing medication
GASTRO-STOP	2 TABLETS	FOR DIARRHEA	ORALLY	Start date: / / End Date: / / <input checked="" type="checkbox"/> Ongoing medication
CLARATYNE	1 TABLET	AS REQUIRED	ORALLY	Start date: / / End Date: / / <input checked="" type="checkbox"/> Ongoing medication
ZADITEN EYE DROPS	1-2 DROPS	FOR HAYFEVER	EYE DROPS	Start date: / / End Date: / / <input checked="" type="checkbox"/> Ongoing medication
RITALIN	10MG	WEDDAYS	ORALLY	Start date: / / End Date: / / <input checked="" type="checkbox"/> Ongoing medication
amoxicillin	250MG	5 TIMES - DAILY	ORALLY	For 5 days (finish on 31/2/2025) Start date: / / End Date: / / <input checked="" type="checkbox"/> Ongoing medication

Monitoring effects of Medication

Please note: School staff do not monitor the effects of medication and will seek emergency medical assistance if concerned about a student's behaviour following medication.

Authorisation:
Name of Parent/Guardian: _____
Signature: _____
Date: _____

Please have an AHPRA registered medical practitioner or pharmacist complete the following section for ongoing use of prescription and/or over the counter medication.

Authorisation:
Name of medical/health practitioner: DR Daniel Jones
Signature: _____
Name of health practice: _____
Date: _____
Contact details: _____ Email: _____
AHPRA registration number: _____ Patient URL number: _____

ONLY NEED DOCTOR'S SIGNATURE IF FORM INCLUDES PRESCRIPTION MEDICATION

Privacy Statement
We collect personal and health information to plan for and support the health care needs of our students. Information collected will be used and disclosed in accordance with Lona College published Privacy Policy.
If additional advice is required, please attach it to this form.

All medication must be:

- Handed in to Reception by **Wednesday, 26th March.**
- In its original packaging and correctly labelled.

If you would like your student to have access to approved over-the-counter medication, please complete the Medication Authority Form, available via 'Student Medical Forms' on PAM, and upload it to your student's profile. Over-the-counter medications do not require a doctor's signature. The College has a supply of approved over-the-counter medications, so there is no need to pack any.

Any questions please email medical@lona.vic.edu.au. Thank you for your cooperation.

Kate Every
College Nurse

Upcoming Athletics Carnival

We are looking forward to the 2025 Lona College Athletics Carnival which will take place on Thursday, 27 March, at John Landy Athletics Field. This exciting event will include a mix of track, field, and novelty events and all students are encouraged to participate in at least two activities on the day.

Attendance & Consent

- If your young person is unable to attend, please notify the College Office. A medical certificate may be required for absences if your young person is studying a Year 11 or 12 subject.
- Parental consent is required via PAM/SIMON Everywhere by Wednesday, 26 March.
- No supervision will be available at Lona College on the day. Students without consent will need to be collected from the venue.

What to Wear & Bring

- Dress Code: Students must wear their Iona College sports uniform or house-coloured attire to show their house spirit. Denim and non-active wear are not permitted.
- Sun Protection: Students should bring sunscreen, a hat (either a school hat or house-coloured hat), and a drink bottle. Sunscreen will also be available at the venue.
- Jewellery: College jewellery guidelines remain in place.
- Label Clothing: Please ensure all uniform and personal items are clearly named.

Key Event Details

- Start Time: 9:30 AM
- End Time: 2:40 PM (following afternoon Community Group)
- Canteen: The Landy Field canteen will be open. Students will need cash or a card (not student cards or mobile phones).

Transport Arrangements

- Bus Travellers:
 - Morning bus services will transport students directly to Landy Field (they will not go to Iona first).
 - Afternoon bus services will take students home directly from Landy Field.
- Other Transport:
 - Students who arrive at school by other means will travel to and from Landy Field via a hired bus to and from Iona.

Combined Catholic Schools Production Chockies



Get involved in the excitement of the upcoming **Combined Catholic Schools Production** by treating yourself to delicious handmade chocolates from **Great Ocean Road Chocolaterie** – just **\$4 each!**

How to Order:

Place your order through our online store, and students can collect their chocolates from the Level A staffroom.

Plus, keep an eye out for our friendly Oompa Loompas, who have been busy delivering chocolates to staff this week!

Find a Golden Ticket & Win a Double Pass!

Five chocolates contain a Golden Ticket, which wins you a FREE double pass to the production. Try your luck and enjoy some delicious chocolate at the same time!

Summer Soiree



It was exciting to begin our year of performing with so many students involved in our recent Summer Soiree.

We had 20 acts which included our choir, contemporary ensembles and solo acts with over 60 students involved overall. We had such an overwhelming response that we ran the event as two concerts.

The variety of music presented and the developing skills of our students delighted all. Thank you to all the staff who helped prepare our students and helped organise this event. Mostly a big thank you to all those who performed on the night. Watching you develop as a young musician is a privilege.

Our next major concert is the Autumn Soiree on the 29th of May. Students can sign up in the Music Classroom area.

Jodie Townsend
Head of Performing Arts



Sleep Wellbeing, Weekly Grab

At Iona, we know that our knowledge about sleep will help us and those we care about throughout the rest of our lives. Many of us know about 'sleep hygiene' strategies. These are sensible practices which help us with our sleep (such as avoiding caffeine later in the day). However, many of us don't realise that sleep hygiene strategies are rarely sufficient to help us with insomnia.

There are three sleep systems which work together to help us sleep. Sometimes our efforts to fix sleep difficulties actually stop these sleep systems from working effectively. The three sleep systems are our circadian system (the daily rhythms our body has, our body clock), the arousal system (the level of alertness/activation we have during the day as well as when we are trying to sleep) and the homeostatic system (how much 'sleep drive' we build up over the day). If we can help our young people learn about their sleep systems, this information will help them have better sleep throughout their lives.

A regular body clock (similar times going to bed and getting out of bed, eating meals and going outside for the first time in the day) helps us be able to sleep when we want to and wake up when we want to. It helps us get a more restorative sleep. However, many of our young people struggle to have a regular body clock. This is because a very normal part of young adulthood is having a sleep cycle which falls later in the day than it used to – basically, many of our young people become more like 'night owls'. Being a night owl is often at odds with getting up and ready for school in the morning. Young people can try to compensate for feeling tired by sleeping in on the weekends and having irregular times when they get up during the week. This can make them feel grumpy and tired and have difficulty concentrating.

Young people can learn about their own unique body clock and how to work with it by collecting data using a Sleep Tracker. One specially designed for young people [can be downloaded here](#). The Doze app is another way young people can collect information about their sleep cycle at <https://www.dozeapp.ca/>.

Helpful Apps:

Doze App for our teenagers <https://www.dozeapp.ca/>.

Insomnia Coach for us adults <https://mobile.va.gov/app/insomnia-coach>

Links:

Separating out sleepiness from insomnia: <https://drcolleencarney.com/wp-content/uploads/2013/05/Am-I-sleepy.pdf>

Resources for our young people: <https://www.newharbinger.com/9781684034383/goodnight-mind-for-teens/>.

Marisa Lavars
College Psychologist

Senior Girl and Senior Boy GISSA Futsal Championships: A Strong Showing!



This year's Senior Boy and Senior Girl GISSA Futsal Championships saw our teams facing off against some tough competition, and both squads truly showcased their skill, determination and sportsmanship. The Senior Girls faced some strong opponents, demonstrating exceptional teamwork and unwavering spirit. Though they battled fiercely, the girls showed great communication and sportsmanship, earning respect from both their competitors and the officials. They finished the day with Capri Hargreaves taking MVP for her infallible grit and determination.

Similarly, the Senior Boys went up against some of the toughest teams in the tournament, playing with energy and teamwork throughout. Despite the challenges, they held their ground, with each player contributing to a strong overall performance. Their resilience and positive attitude on the court were truly commendable, and they made the school proud. Jack Chadwick walked away as MVP for his demonstration of leadership skills throughout the day.

Both teams may not have brought home the trophies, but they represented the school with pride, giving their all in every match. Well done to all players for their hard work and dedication!

Nick Critchell
Teacher / NCCD Case Manager – Year 7

Iona Pathways Press

The 20th March edition of the Iona Pathways Press [can be found here](#).
In this edition you will find information about:

- Dates to Diarise in Term 1
- VTAC Key dates released
- Work Experience Opportunities

- WEHI
- Australian Defence Force
- G8way-2-Construction
- Victorian Careers & Employment Expo 2025
- UK/USA University Admissions support
- University of Melbourne ~ Hansen Scholarship
- Focus on Melbourne Information Sessions
- Uni Melb Residential Colleges Open House
- Federation Uni - Walk & Talk Tours in April Holidays
- A Day in the Life of a Swinburne Student April Holidays
- RMIT April Campus Tours
- Professional Practice in Engineering at Monash Uni
- William Angliss Experience Days in April Holidays
- ACU Guided Campus Tours in April Holidays
- Collarts Mid-Year Course Expo
- Biomedicine/Biomedical Science Degrees in Victoria in 2025
- Snapshot of Box Hill Institute (BHI) in 2025



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

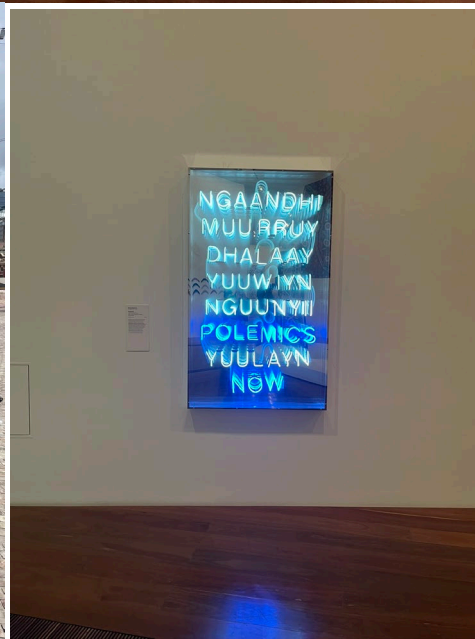
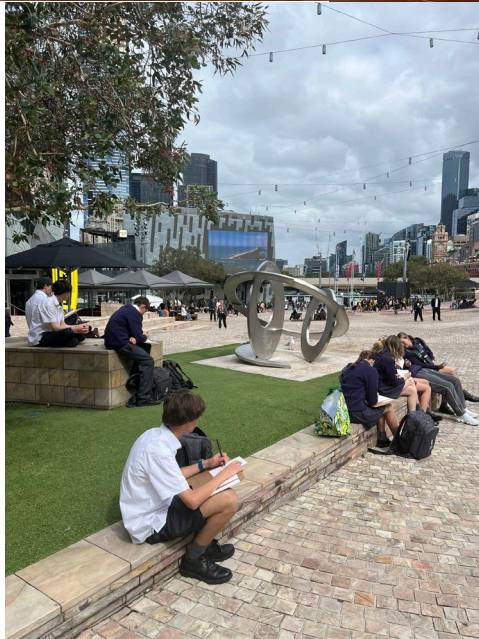
Art Department News

VCE Visual Communication and Design Projects

Our Year 11 students from VCE Visual Communication and Design Units 1 and 2 are researching the form and function of citrus juicers in order to create their own design for a chosen end user. We look forward to seeing the innovative designs our students come up with.



NGV Top Arts Exhibition



Our Year 10, Year 11 and Year 12 Students from Art Making and Exhibiting, Visual Communication Design and Art/i-create attended the NGV Top Arts exhibition, where students explored the Top Art exhibits from the top students in our state which included our very own Molly Thomas's artwork! Students also spent time illustrating the Melbourne streetscape in between exhibitions.

VCE Arts, Design & Technology Showcase Exhibition Award



We are proud to recognise Ava Tadich as the recipient of Iona's VCE Arts, Design & Technology Showcase Exhibition Award.

Ava's powerful piece, "We Didn't Start The Fire," is a series of watercolour works reflecting the pain and resilience of her generation in response to global conflicts and crises. In Ava's words:

"My artwork depicts the hurt and anguish my generation has felt from the conflicts and trauma the world around us inflicts. It demonstrates that the damaged state of the world is not our fault, yet we must fix it. The title, 'We Didn't Start the Fire,' is inspired by Billy Joel's song. I have taken inspiration from his lyrics, expanding on his ideas and making them my own. This piece means a lot to me, and I hope it connects with the generation I want to represent."

Congratulations to Ava on her outstanding artwork.

Term 1 Dates to Remember

Date	Event
Thursday 30 January	Year 7, Year 12 and New Students (Year 8-11) First Day (Year 7 & New Students Year 8-11 - Formal Uniform, Year 12-Uniform of Choice)
Friday 31 January	Year 8,9,10 & 11 First Day 2025 (Uniform of Choice for all students)
Friday 7 February	Assembly and Commissioning of the College Leader Ceremony (Formal Uniform)
Tuesday 11 February	School Mass (Formal Uniform)
Tuesday 11 February	Year 11 & 12 Parent/Carer Welcome Evening (On-site)
Thursday 13 February	School Photos (Formal Uniform)
Tuesday 18 February	School Photos Catch-Up Day
Tuesday 18 February	Year 7 Parent/Carer 'In-Person' Welcome Evening 6pm
Thursday 27 February	Iona College Swimming Carnival
Wednesday 5 March	Ash Wednesday
Monday 10 March	Labour Day Public Holiday
Tuesday 11 March	Year 10 Immunisation
Tuesday 11 March	Unit 3 Student Progress Meetings (On-site)
Monday 17 March	Open Day Tour & Information Sessions (4:15 pm - 5:45 pm)
Tuesday 18 March	Open Day Tour & Information Sessions (11:00 am - 12:30 pm)
Wednesday 19 March	Open Day Tour & Information Sessions (11:00 am - 12:30 pm)
Wednesday 19 March	Open Day Tour & Information Sessions (4:15 pm - 5:45 pm)
Thursday 20 March	Open Day Tour & Information Sessions (11:00 am - 12:30 pm)
Thursday 20 March	Student Progress Meetings (On-site and Online)
Friday 21 March	Staff Professional Development (Student Free Day)
Wednesday 26 March	Student Progress Meetings (Online)
Thursday 27 March	Iona College Athletics Day
Monday 31 March - Wednesday 2 April	Year 8 Camp (Group 1)
Wednesday 2 April - Friday 4 April	Year 8 Camp (Group 2)
Friday 4 April	End of Term 1 (2:05 pm Finish - Formal Uniform)
Tuesday 22 April	Term 2 Starts

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 be reminded that tomorrow, Friday 21 March is Staff Professional Development Student Free Day. We look forward to seeing our students back at Iona on Monday 24 March!

Thanks for your support.

Damian, Kylie and Melissa