

27 March 2025

Dear Parents and Carers,

Today, we spent a beautiful day at Landy Field celebrating and showcasing the skills of our Iona Athletes. It was wonderful to see the successes of our students but also the tremendous house spirit of those who were happy to get involved and give it a go! Here is a prayer that encapsulates this spirit.

Lord, we ask you to watch over all of us at Iona who compete at the Athletics Carnival.

May we run, jump and throw to the best of our abilities, knowing that simply by competing, we are showing the spirit inspired by our house leaders.

Give us strength to compete with honesty, humility in victory, and grace in defeat.
Keep us safe from harm, and may we glorify You in all we do. Amen.

Mass of St. Patrick for Schools 2025

The annual Mass of St. Patrick for Schools began on the morning of Friday, 21 March, with a banner procession to the sound of Celtic pipers. Scores of the Archdiocese's schools were represented, filing into a packed St Patrick's Cathedral.

Iona College was represented by Miss Georgia Lappin, Ms Bobby Perrera, Asher (Yr 12), Evie (Yr 10) and Lena (Yr 7). The event highlighted the values of Catholic education, fostering a sense of community and shared purpose. Asher was given the honour of being a flag bearer to begin the procession, while Evie and Lena carried the Iona College banner.



After the celebrations at the cathedral, there was a visit to the Creative Arts Exhibition, which showcased the artistic talents of students from Catholic schools. The exhibition featured a diverse range of works, including paintings, sculptures, photography and mixed media pieces, each reflecting students' creativity and personal expression. The depth of talent and the way faith and storytelling were woven into many of the artworks were inspirational.

The beautiful new icon of St. Patrick was also blessed and revealed on this day. Ms Lappin, Ms Perrera and the students were very fortunate to be a part of this important historical day during Catholic Education Week 2025.



The icon of St Patrick, displayed in St Patrick's Cathedral, Melbourne. (Photo by CAM.)

The icon of St Patrick, written by Sue Orchison, was blessed by Archbishop Peter A Comensoli at the Melbourne Archdiocese Catholic Schools (MACS) Mass at St Patrick's Cathedral on Friday, 21 March, to mark the end of Catholic Education Week and the week of St Patrick's feast day. (Catholic Archdiocese of Melbourne)

St Mary's Feeding Program Uganda

As we near the end of Term 1, fundraising efforts for St Mary's Uganda and Caritas will come to an end for 2025. Time is running out to donate Easter treats and purchase raffle tickets. We need all donations and tickets by Wednesday, 2nd April. There are plenty of spare raffle books available from reception if you want to have more chances of winning. We are very grateful for all the generous donations so far. You can also make a monetary [donation via the following link](#). We are really hopeful that we can hit our target of \$6000 for Uganda as the money is so important to the growth of children, physically, emotionally and academically.

Catholic schools get involved in Social Justice because it is a key part of our faith tradition. Through our interactions with young people, we hope that our students are inspired by the Gospels to act for justice and the common good. Social action of charity, advocacy and fundraising are opportunities for our school community to show concern for social justice in our local community and the wider world and stand in solidarity with those in need.

Easter Hamper Working Bee

We are still on the lookout for **parent volunteers** to help assemble our fabulous Easter hampers. If you would like to lend a hand, we will be gathering on:

Thursday: 3 April

Time: 9:15 AM – 10:45 AM

Where: Iona College (meet at Main Reception)

This is a great opportunity to meet other Iona families, get involved, and have fun while supporting a great cause. If you'd like to volunteer, please register your interest by [completing the following form](#).

Thank you for your generosity and support in making this initiative a success!



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.



Wellbeing At Iona



Sleep Wellbeing, Weekly Grab

At Iona, we care for each other by supporting good sleep practices in our friends, family and other members of our school community. Last week, we spoke a little about our three sleep systems and how some of our behaviours might get in the way of these systems working well for us. Sometimes, what also gets in the way of sleeping well is that many of us don't prioritise sleep for ourselves or our children. We don't realise that sleep deprivation is a risk factor for a range of adverse events – for our children's physical health, mental health, ability to learn and on their behaviour in the classroom. Being sleep deprived impacts our decision-making and our judgement, leading to more risk-taking behaviour.

Many of us also don't realise that our young people need more sleep than we do. There is no fixed amount of sleep that a person needs – it will change depending on how much your body needs at a particular time. There are also individual differences. However, a very rough guide is that our young people need around 9 ½ hours of sleep a night.

It can be very difficult to approach the topic of sleep with our young people – particularly when technology is getting in the way! However, it is such an important conversation to have. As we talked about last week, our young people tend to like to make their own decisions and set their own goals around sleep, and we, of course can support them. Working in collaboration with our young people is more effective than 'going into battle' about sleep. If our young people can learn about sleep (including how important it is), they can set achievable goals for themselves and make decisions that help them. They can learn skills that they can take with them throughout their life. A helpful place to get started is the free, university-designed sleep app specially for young people, DOZE app <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>

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

Iona Pathways Press

The 27th March edition of the Iona Pathways Press can [be found here](#).

In this edition, you will find information about:

- Dates to Diarise in Term 2
- VTAC Key dates released
- Work Experience Opportunities
 - Australian Defence Force
 - G8way-2-Construction
- University of Melbourne ~ Hansen Scholarship
- Hands-on April Holiday Activities at the University of Melbourne
- University of Melbourne Residential Colleges Open House
- Studying the Bachelor of Engineering (Honours) at RMIT
- AgCAREERSTART GAP Program
- Projects Abroad - Volunteering for Teens
- Simpson Barracks Open Day 2025
- Business Degrees in Victoria in 2025
- Commerce Degrees in Victoria in 2025
- Snapshot of RMIT University in 2025



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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

Upcoming Iona Careers Expo – Save the Date



We are excited to announce our first **Iona Careers Expo!** This event will provide valuable insights and opportunities for students exploring future pathways.

Date: Tuesday, 20 May 2025

Location: Iona College Stadium

Time: 5-8 pm

More details will be shared soon—stay tuned!

Music Department News

Charlie and the Chocolate Factory Tickets Go Live Today

The cast and production crew are very excited to announce that tickets for Roald Dahl's *Charlie and the Chocolate Factory!* go on sale today!

Use the [following link](#) to buy tickets for the family. Don't be disappointed, and get in early!



Production Parent/Carer Support

Our students are busily preparing for our upcoming production of Roald Dahl's *Charlie and the Chocolate Factory*! To bring the magic of this story to life on stage, we are looking for parent support in sourcing costumes and props.

If you are able to help in any of the following ways, we would love to hear from you:

- **Making** costumes or props (sewing, crafting, or DIY skills are welcome!)
- **Finding** items we may be able to borrow or purchase second-hand
- **Donating** materials, costumes, or props that could be useful for the production

Some key items we are looking for include:

 Costumes for characters like Willy Wonka, Oompa Loompas, Charlie, Veruca, dancers and more

 Props such as oversized candy, golden tickets and factory-themed items

If you can assist or would like more details, please reach out to me at Tessa.dunstan@iona.vic.edu.au. Please note that if you were to come in and work with us as a volunteer, you would need to do our short Volunteer Induction Course.

Any support, big or small, will be greatly appreciated. Thank you for helping make this production a memorable experience for our students!

Join us at the [Flying Brick Cider House](#).



We are very excited to have two of our contemporary bands performing at the Flying Brick Cider House on Thursday, 24th April. Street food and drinks will be available for purchase on the night.

Our two bands will join students from other schools. This event is open to all families, and tickets can be purchased through the [following Try Booking link](#).

Jodie Townsend
Head of Performing Arts

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 note that the final day of Term 1, Friday, 4 April, is a formal uniform day. The school day will conclude at 2:05 pm in order to connect with regular bus services.

Thanks for your support.

Damian, Kylie and Melissa