

3 April 2025

Dear Parents and Carers,

With a flurry of activity, we have made it to the finish line for Term 1. Congratulations to all of our students for their wonderful efforts over this term. This week, our Year 8 students attended their camp at Lake Dewar (Myrning). Thank you to Ms. Spencer and Ms. Collier for their leadership of these camps and to all of the college staff who supported this opportunity for our students over the course of the week.

As we will be on holiday for Easter, tomorrow, we will gather as a community to participate in the Stations of the Cross, which is prayed in churches on Good Friday, during Holy Week. Since the earliest centuries of the Church, Christians have made pilgrimages to Jerusalem to retrace the steps taken by Jesus as he moved towards his death. Later, around the fifteenth century, Christians began the practice of prayerfully meditating on Jesus's death by creating a mini-pilgrimage, which eventually became known as the Stations of the Cross. We can't physically walk Jesus's last steps, but we can imagine the journey by hearing about what happened and reflecting on how each part connects to our own lives.

During our time together, the Culture and Identity leaders will ask us to reflect on the meaning of Easter, focusing on the message of hope. This is particularly relevant in this Jubilee Year, where the Pope invites us to be 'Pilgrims of Hope'. His core message is for people to use this Holy Year as a moment to renew their hope in God amidst global challenges. We are called to work actively towards a better future by engaging with the signs of hope present in the world, even in difficult times. Our Culture and Identity leaders challenged us to look for signs of hope during our holidays, even when things are not going the way we planned.

Easter Raffle and Donations for St. Mary's Uganda

It was wonderful to see the excitement build as we looked forward to drawing the prizes for the Easter egg raffle. We are very grateful for the donations of Easter treats from our Iona families. We appreciate everyone who bought a ticket to support the children of St Mary's Uganda. At last count, we have raised an incredible \$5500 to support the Feeding Program. We are so close to our goal of \$6000. If you are in a position to make a final donation, we will leave the [following link open for the holidays](#). We are really fortunate to be a part of such a generous school community.

A special thanks to our Easter helpers, who donated their time and creativity to assemble our beautiful Easter baskets. We hope that our raffle-winning families enjoy the chocolate treats that are bought home tomorrow afternoon. Phone contact will be made regarding uncollected prizes and these can be collected from Reception.



An Easter Blessing

May the joy and hope of Christ's Resurrection fill your heart and home this Easter season.

May His light guide your path, His love bring you peace, and His grace strengthen you each day.

May the promise of new life in Christ renew your spirit and inspire hope in all you do.

Amen.

Wishing you a truly hopeful and blessed Easter!

Iona Open Week Reflection

Recently, we had the chance to showcase our school at our annual Open Day (week). This was a chance to welcome hundreds of prospective families and share a little about our College Community. We would like to thank our College Registrar, Ms. Di Makings, along with the Open Day committee for their preparation of the event. We would also like to thank our Head of Student Voice and Agency, Mr Sam Wood, and the wonderful student leaders and volunteers who showcased our school over the course of the week. If you are a current family and considering Iona for your young person, we encourage you to submit an enrolment application by Friday, 9 May. Applications received after this date will be placed on a waitlist, which may impact placement opportunities. Letters of Offer and Declines will be communicated via email by the close of business on Friday, 20 June 2025.

Wellbeing At Iona



Embrace Wellbeing Day

On Tuesday, our Year 7 students participated in the inaugural *Embrace Wellbeing Day*, inspired by 2023 Australian of the Year Taryn Brumfitt and her documentary *Embrace Kids*. The day was designed to foster a school culture where young people feel free from pressure, judgment, and shame about their bodies. The *Embrace Kids* documentary shares powerful stories from young people and well-known figures about body image, bullying, gender identity, advocacy and self-acceptance. Parents interested in watching can find it on Foxtel, Apple TV, Amazon Prime or Google Play.

Building on the documentary's themes, we created an engaging program of education and activities. We were fortunate to collaborate with nutritionist Angelica Pupillo from [This is Your Body](#), who led a 90-minute workshop tailored for our Iona students. Her resources and eBooks will continue to support student learning throughout the year.

Angelica specialises in helping teens develop a positive relationship with food and their bodies, and we are excited to invite parents to her upcoming workshop, *How Do I Talk to My Teen About Food?*, on May 22nd at 6 pm—a valuable session I highly encourage parents to attend.

Students also chose from a range of active workshops, including sound bowl meditation, yoga, *Just Dance* with Jedi and fitness. The energy and enthusiasm throughout the day were incredible, culminating in a shared nutritious picnic and a lively disco led by the ever-popular LSO Jedi.

We are so proud of how our Year 7s embraced this experience and look forward to running a similar event for our Year 8s soon. Parents can explore more about the *Embrace Kids* initiative and access helpful resources on the [Embrace Hub website](#).

A heartfelt thank you to our dedicated teachers, LSOs and the incredible Year 7 Team for bringing this initiative to life.

A [wonderful resource for parents called 'Flip the script'](#) can help parents find the right words to help create positive body image in families. Small shifts in language can really help our young people develop a positive relationship with their bodies now and for the rest of their lives.

Kylie Power
Deputy Principal – Wellbeing

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. We have spoken before about how our three sleep systems work together to help us have restorative sleep. 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).

We have also spoken before about how keeping regular routines helps keep our circadian system (the body clock) on time. Over the school holidays, it is important to keep as much as we can to regular hours – otherwise it is a huge adjustment for our system when school goes back and our young people can return to school more likely to feel rather grumpy, tired and have difficulty concentrating. We also have an extra challenge these holidays – rolling the clock forward. With daylight savings, there is always a bit of an adjustment for our circadian system. We can help our body by starting to make a gradual change, beginning around a week before. Each day, we can go to bed and get up around 10 minutes later than before. This way, we can help our body clock be ready to start Term 2!

Happy sleeping!

Helpful Apps:

[Doze App](#) for our teenagers

[Insomnia Coach](#) for adults

[Separating out sleepiness from insomnia:](#)

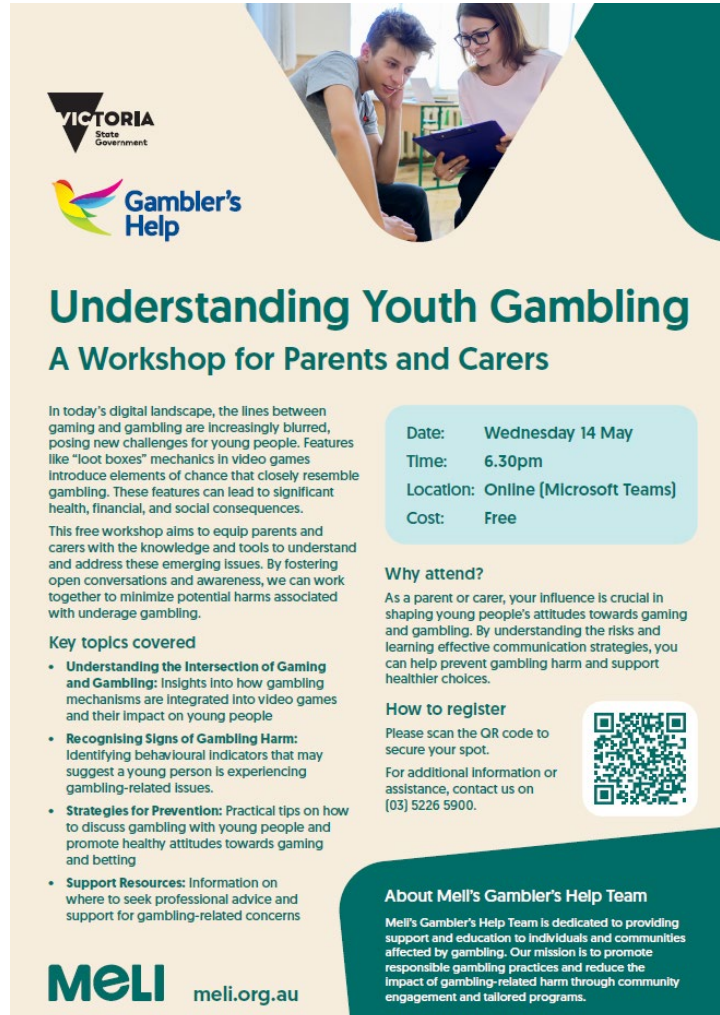
[Useful resources for young people](#)

Marisa Lavars

College Psychologist

Upcoming Wellbeing Workshops

Understanding Youth Gambling – A Workshop for Parents & Carers



The flyer features a central image of a young man and woman looking at a tablet. Logos for the Victorian State Government and Gambler's Help are at the top left. The title 'Understanding Youth Gambling' is in large green font, with the subtitle 'A Workshop for Parents and Carers' below it. A text box on the right lists the date (Wednesday 14 May), time (6.30pm), location (Online via Microsoft Teams), and cost (Free). A QR code is provided for registration. The bottom left shows the Meli logo and website (meli.org.au). The bottom right contains a section about the Meli's Gambler's Help Team.

VICTORIA
State Government

Gambler's Help

Understanding Youth Gambling

A Workshop for Parents and Carers

In today's digital landscape, the lines between gaming and gambling are increasingly blurred, posing new challenges for young people. Features like "loot boxes" mechanics in video games introduce elements of chance that closely resemble gambling. These features can lead to significant health, financial, and social consequences.

This free workshop aims to equip parents and carers with the knowledge and tools to understand and address these emerging issues. By fostering open conversations and awareness, we can work together to minimize potential harms associated with underage gambling.


Key topics covered

- **Understanding the Intersection of Gaming and Gambling:** Insights into how gambling mechanisms are integrated into video games and their impact on young people
- **Recognising Signs of Gambling Harm:** Identifying behavioural indicators that may suggest a young person is experiencing gambling-related issues.
- **Strategies for Prevention:** Practical tips on how to discuss gambling with young people and promote healthy attitudes towards gaming and betting
- **Support Resources:** Information on where to seek professional advice and support for gambling-related concerns

Date: Wednesday 14 May
Time: 6.30pm
Location: Online (Microsoft Teams)
Cost: Free

Why attend?
As a parent or carer, your influence is crucial in shaping young people's attitudes towards gaming and gambling. By understanding the risks and learning effective communication strategies, you can help prevent gambling harm and support healthier choices.

How to register
Please scan the QR code to secure your spot.
For additional information or assistance, contact us on (03) 5226 5900.



About Meli's Gambler's Help Team
Meli's Gambler's Help Team is dedicated to providing support and education to individuals and communities affected by gambling. Our mission is to promote responsible gambling practices and reduce the impact of gambling-related harm through community engagement and tailored programs.

MELI meli.org.au

Meli's Gambler's Help Team is offering a free online workshop for parents and carers focused on understanding and addressing gambling harm among young people.

Date: Wednesday, 14 May

Time: 6:30 pm

Location: Online via Microsoft Teams

Cost: Free to attend

As you know, the lines between gaming and gambling have become increasingly blurred, particularly with features like loot boxes and in-game betting. This workshop helps parents and carers recognise the signs of gambling harm and equips them with practical tools to have conversations and support their young people early.

Respect, Consent & Media

St Joseph's College has invited our community to attend their upcoming Respect, Consent and Media talk, presented by Richie Hardcore.

Date: Wednesday, 30 April 2025

Time: 6:30 pm

Location: St Joseph's College Performing Arts Centre

This is a great opportunity to engage in an important discussion on these critical topics. Please register via the link or QR code below.





RESPECT, CONSENT + MEDIA



Richie Hardcore
Speaker on consent and relationships, gender norms and the impact of media on young people

Wednesday 30 April 2025 | 6.30pm
St Joseph's College Performing Arts Centre

A free community event supported by the

 **SJC PARENT NETWORK**

Register now <https://www.trybooking.com/CZIEE> 

Active and Able - Wheelchair AFL



Last week we were fortunate enough to have Chris Henderson from Freedom Sport Foundation come and visit our school. Not only did he bring along wheelchairs for us to use to play Wheelchair AFL, but he also brought along guest presenters Mitch Stretton and Melanie Domaschenz. Melanie is a 2 time Paralympian who competed in both Athens and Beijing, and we got to hold and examine her medals, which is pretty special.

The Year 10 Active and Able students had to step outside their comfort zone and experience what the challenges are to wheelchair sports. They were lucky enough to speak with 3 Elite Wheelchair Athletes about the possibilities and pathways of wheelchair and adaptive sports.

We look forward to further opportunities to think broader and 'put ourselves in someone else's shoes' and increase the awareness of adapting and modifying so that we can continue to create a culture of inclusivity and opportunity for all. Thanks for the ongoing opportunities

Gina Oliver

On behalf of the Year 10 Active and Able students

GISSA Golf

Congratulations to our students for an incredible performance, securing 1st, 2nd and 3rd place in the “B” Division in GISSA Golf!

1st – Max
2nd – Dylan
3rd – Billie

Well done to all competitors!



Music Department News

Flying Brick Cider House



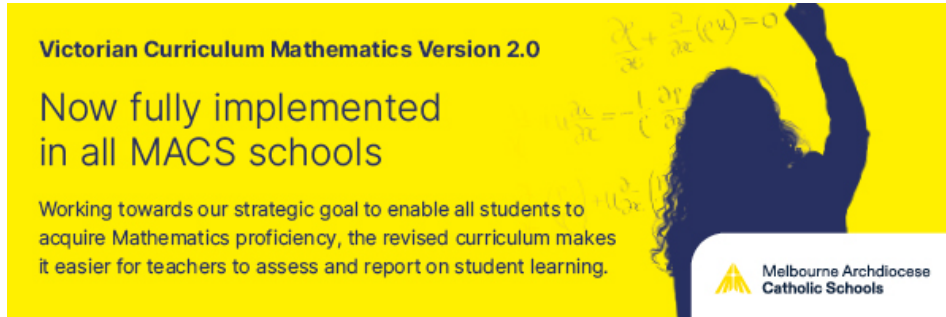
We are very excited to have two of our bands involved in a collaborative gig at the Flying Brick Cider House. This evening will feature bands from secondary schools around Geelong in a lovely venue. Flying Brick Cider House will be serving “Street Food” and have drinks at bar prices. Please note that food options may vary depending on seasonal availability.

Come along, support our students and get your long weekend off to a great start. Entry is by ticket only, which can be [purchased online](#).

Here is the street food menu that will be available on the night:

- 🍔 Pulled Hickory BBQ Pork Burger, Red cabbage slaw, bbq sauce, jalapeno
- 🍌 Grilled Pork & Fennel Sausage, Sauerkraut, tomato relish, mustard, milk bun
- 🦑 Panko Crumbed Calamari, Served w. hot chips, aioli & lemon
- 🍗 Chicken Wings, Honey & hot soy chicken wings, spring onion, sesame seeds (gf)
- 🥟 Vegetarian Dumplings × 5, Shitake, bamboo shoots, wombok & spring onion served w. lemon & soy sauce (df, vegan)
- 🍟 Crispy fries, aioli (gf, df, vegan)
- 🥕 Korean Fried Cauliflower, Gochujang mayonnaise, spring onion (gf, v)
- 🍟 Loaded fries, bbq sauce, sour cream, spring onion, jalapeno, grated cheese (gf, v)
- 🌭 Kids Hot Dog, tomato sauce, milk bun

Mathematics Version 2.0 Implementation



We are excited to inform you about the latest update from the Victorian Curriculum and Assessment Authority (VCAA). The revised Mathematics Curriculum, Version 2.0, is now fully implemented in our school.

Here are the key points you need to know:

New achievement standards: The revised Mathematics Curriculum includes changes to the achievement standards used by teachers to assess and report student learning from Foundation to Year 10.

Aggregated reporting: Under the new curriculum, teachers will report against the achievement standard as a whole, providing a single, aggregated score in Semesters 1 and 2.

Alignment with local curriculum: Our school's teacher judgements align with our Mathematics Curriculum program.

The initial Semester 1 report will only show achievement, while the Semester 2 report will display both achievement and growth for the strands covered in Semester 1.

We believe these updates will provide a clearer and more comprehensive understanding of your child's progress in Mathematics. If you have any questions or need further information, please do not hesitate to contact us.

Iona Pathways Press

The 3rd April 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
- Bachelor of Pre-Medicine, Science and Health at the University of Wollongong
- Bupa Trainee Carer Program
- Bachelor of Actuarial Science/Master of Actuarial Studies at Monash University
- Guaranteed ATARs for 2026 Entry to Deakin University
- University of Sydney: International Science School

- Photography Studies College April School Holidays
- Criminology and Paralegal Degrees in Victoria in 2025
- Snapshot of Australian Catholic University 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)

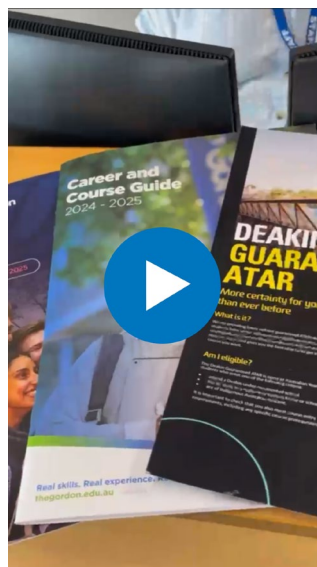
For Parents: Visit the College Career website, click on 'for parents' choose Newsfeed and subscribe: [Iona College Geelong \(ionacarers.com\)](https://ionacollegegeelong.com)

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

Careers & Pathways Press Expo Save the Date



[Here's a short video from the Careers team](#) giving you an idea of what's to come at the upcoming Careers & Pathways Expo:



242 Horseshoe Bend Road
Charlemont VIC 3217

p: 03 5229 0004

e: reception@iona.vic.edu.au

iona.vic.edu.au

Term 2 2025 Dates to Remember

Date	Event
Friday 4 April	End of Term 1 (2:05 pm Finish - Formal Uniform)
Tuesday 22 April	Term 2 Starts
Wednesday 23 April - Thursday 24 April	Year 12 Retreat
Thursday 24 April	Consent Labs - Parent Webinar, Powering Parents and Carers (Online , 6 pm - 7:30 pm)
Thursday 24 April	ANZAC Day Assembly (Formal Uniform)
Friday 25 April	ANZAC Day Public Holiday
Friday 2 May	Year 12 Photo (Formal Uniform)
Monday 12 May - Wednesday 14 May	Year 7 Group 1 Camp
Wednesday 14 May - Friday 16 May	Year 7 Group 2 Camp
Monday 19 May	Student Free Professional Development Day
Monday 19 May	Practise GAT Exam - All Unit 3 Students
Tuesday 20 May	Careers Expo Evening (Iona Stadium, 5 pm - 8 pm)
Thursday 22 May	Year 7 & 8 Parent & Carer Evening - How Do I Talk To My Teen About Food, Onsite (Iona Resource Centre, 6 pm - 7 pm)
Thursday 29 May	Reconciliation Week Assembly (Formal Uniform)
Thursday 29 May	Autumn Soiree
Monday 9 June	King's Birthday Public Holiday
Tuesday 17 June	Student Free Professional Development Day Except for GAT Students
Tuesday 17 June	Unit 3 VCE & VCE VM GAT
Wednesday 18 June - Thursday 19 June	Year 10 Semester 1 Exams
Friday 20 June	Year 12 2026 Subject Selection Due
Saturday 28 June - Wednesday 9 July	Indonesian Study Tour
Monday 30 June - Tuesday 8 July	Central Australia Immersion
Friday 4 July	End of Term 2 (2:05 pm Finish)

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.

At the end of this term, we say farewell to Learning Support Officer Charlie Barnett, who is leaving us for the sunny skies of Queensland. We thank Charlie for all that he has contributed during his time with us.

Term 2 resumes for all students on Tuesday, 22 April. Please note that Friday 25, April, is a school closure day for the commemoration of ANZAC. Our Year 12 Retreat is scheduled to depart on Wednesday, 23 April and return on Thursday, 24 April.

School concludes at 2.05 pm tomorrow to coincide with all regular bus routes that depart one hour earlier than the regular time.

Thanks for your support.

Damian, Kylie and Melissa