

8 May 2025

Dear Parents and Carers,

This week begins a most important event in the history of the Church, the election of a new pope. This process is called 'the conclave' and is held in the Sistine Chapel, where 133 cardinals, from 70 countries, will undertake the extraordinary responsibility of appointing the next leader of the Catholic Church. The election affects Catholics worldwide, shaping doctrine and policy. The process balances human decision-making with reliance on divine guidance. As a community, we pray for the Church and the College of Cardinals during this important time.

Creator God,

We pray for Your church,

May Your Holy Spirit guide the hearts and minds of those entrusted with choosing a shepherd,
One who will lead with grace, truth, and a spirit of service.

Bless the Cardinals,

Grant them discernment, humility, and courage as they seek to fulfil Your will.

Amen.



HAPPY MOTHER'S DAY!

This Sunday we celebrate all mothers and those who fulfil the role of 'mothering', recognising that families thrive because of the 'mothering' of various people such as aunts, step-parents, close friends and fathers. We are also inspired by Mary, the mother of Jesus, who showed courage in doing what God asked despite her uncertainty. She loved her son selflessly and is a model of love for mothers all over the world.

At this time of the year, we honour mothers and 'mothering' figures who are present in our lives and who are no longer with us. We give thanks to them for their care, guidance and love. We pray for all who 'mother'...

On this Mother's Day, we pray for your blessing on all women who have loved and nurtured us throughout our lives. We give thanks for the mothers who have guided and protected us, who have taught and encouraged us.

We give thanks for mothers who have passed away, birth mothers, adoptive mothers, foster mothers, grandmothers, aunts, sisters, and for all women who take on a motherly role.

We ask your blessing, dear Lord, upon mothers who have lost children, that they may have your continuing strength and courage. We ask your blessing, too, upon those who would like to be mothers. Pour your blessings upon all women today. Give them the strength to live the faithful and loving lives you call them to live. Protect and guide them. Keep them in your care. Our Lady, a role model for all women, pray for us.

Amen.

Tasty Treats for Timor Leste



This month, we are raising funds for one of our closest neighbours, Timor-Leste. Timor-Leste has almost 50% of its population living in multi-dimensional poverty with a low standard of living and a lack of adequate health care and education. Iona College is a member of Geelong Viqueque Friendship Schools (GVFS), with our partner school being St Estevao, Viqueque. We are raising much-needed financial support through the fundraiser below.

Please consider buying some tasty treats from Routley's to support a great cause. 25% of your order placed through the website below will go directly back to Geelong Viqueque Friendship School's Scholarship Program.

Just order and pay through the [online portal](#), select 'Iona College' from the dropdown menu at checkout, and your young person can collect your delicious goods at Iona on Wednesday, May 28th.



Our Village- Geelong Mums



We are heading into the final week of the fundraiser to support Our Village, a not-for-profit organisation that relies on the generosity of our community to help young people in need. We are asking for donations of clothes suitable for teenagers.

As the colder months approach, we're kindly asking for clothing donations, just one pre-loved item (or more!) from your wardrobe that you no longer wear could make a world of difference. Your contribution will go directly to helping teenagers stay warm and feel supported this winter.

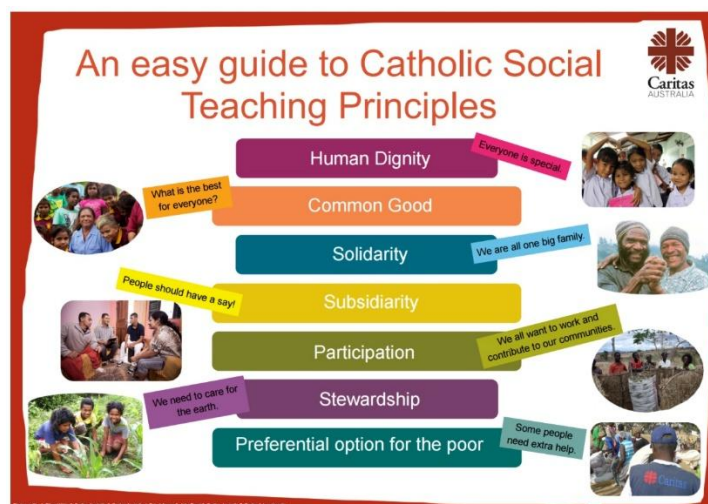
The fundraiser will finish on Friday, the 16th of May, so use this weekend to clean out those wardrobes! The donation box is in the main reception. Every little bit helps, and we're so grateful for your support!

Lily T and Kezia B
Year 12 Students

World Fair Trade Day 10th May

World Fair Trade Day falls on this Saturday, 10th May. This is a time to pause and reflect on our shopping habits, examining the impact on other people and our planet. Behind products on the supermarket shelves and in stores are people: farmers, workers, families. Millions of them suffer from extreme poverty, poor working conditions and inequality. By purchasing ethical and sustainably made products, we promote fair wages, safe working conditions and no slave or child labour.

By supporting ethically and sustainably made products, we are also following Catholic Social Teachings, in particular, the *Preferential Option for the Poor, Human Dignity, Care for our Common Home and Solidarity*.



Next time you are shopping, make an ethical purchase to support workers and the environment. Please see [the following guides](#) for more information.



Reminder: Year 7 2026 Enrolment Applications Close Tomorrow

We would like to remind parents/carers that if your child is set to enter Year 7 in the year 2026, it is important to submit an enrolment [online application via the following link](#), by tomorrow, Friday, 9 May.

Please note that applications received after this closing date will be added to a waitlist, which may affect your young person's placement. To ensure your young person has the best opportunity for enrolment, please complete the application process before the deadline.

Staff Trivia Night Success

Last week, we held our first Staff Trivia night, and it was a resounding success- not only as a fun and engaging evening, but as a meaningful fundraising effort. We are proud to share that as a staff body, we raised \$2050 towards St Mary's Uganda Feeding Program.


A heartfelt thank you to everyone who attended, donated, helped secure donations, and purchased raffle tickets!

Australia's Best Teacher

Melbourne Archdiocese Catholic Schools (MACS) is proudly partnering with *Australia's Best Teachers* campaign – a national initiative that celebrates the incredible impact of educators across the country. The campaign will spotlight outstanding teachers from MACS primary, secondary, and F–12 schools, recognising those who inspire students to flourish. It officially launches on 28 May, but nominations can be made as of now, with the Top 50 teachers announced on 21 June.

At Iona, we are incredibly proud of our exceptional educators. We'd love to see our community get behind this campaign by nominating the teachers who inspire and make a difference every day. If you'd like to nominate a teacher, [please click on the following link](#).

NOMINATE YOUR BEST TEACHER



WHAT MAKES A GOOD TEACHER?

She gave me lunch
I love my teacher taught me guitar!!
I love my teacher because she is kind
she makes us feel happy!
My teacher encouraged me to sign up for drama workshop
My teacher is supportive
Our teacher is always there to help
She makes my life better
She changed my life my And she's fun!

**Nominate a teacher who inspires:
Australia's Best Teacher Campaign**

MACS is proud to be an official partner for the third year in a row, celebrating exceptional teachers across our community.

Nominations are now open for MACS parents, students and community members to nominate the teachers who inspire our students to flourish in their learning.

An expert judging panel will shortlist nominations for entry into Australia's Top 50 Best Teachers list, to be announced on Saturday 21 June.

Nominate your 'best teacher' today by visiting **www.AustraliasBestTeacher.com.au** and stay tuned to read some wonderful stories featuring teachers from across the MACS schools.



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) in time. We often think an hour or two difference in our sleep time won't make much difference, but even small amounts can give us 'social jet lag', which impacts our decision-making and learning. One of my favourite studies looks at the decisions of stockbrokers before and after daylight savings moved the clock forward (an hour was 'lost'). The study found that the stockbrokers made poorer decisions and had more difficulty paying attention to details and nuances. This change took a while to 'wash out' – the stockbrokers took a while to get back to normal. This is a reminder to us that good sleep is so important for our young people so that they can learn their best.

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

Online Parenting Seminars

Drummond Street is offering free online seminars for parents/carers. Please take note of the following online parenting seminars currently on offer:

Parenting Children Who Worry

Date: Monday, May 19th

Time: 11 am-12 pm

Cost: Free, but registrations is essential. [register online today](#).

This seminar is for parents and carers of children who are a little bit too concerned about everyday life.

This seminar offers strategies to help kids worry less, alongside how to develop an action plan for helping them move from feeling anxious to feeling more empowered and able to act when they are uncomfortable.

Screentime Seminar

Date: Monday, May 26th

Time: 11:30 am-12:30 pm

Cost: Free! But registration is essential; [register online today](#).

Are you concerned about the effects of technology use on your child or teen?

Are screens something you find your family becoming reliant on?

Are you wanting to find new strategies to allow your family to get the benefits of technology without as much as conflicts?

Then come join us for an online seminar discussing topics including:

- The Effects of Technology Usage on Children, Teens and Family
- How to access the benefits of technology
- Ways to set boundaries in your family
- Developing healthy communication around technology
- And many more

Bring yourself and your questions along.

Upcoming Parent/Carer Session – How Do I Talk to My Teen About Food

Our upcoming Parent/Carer session will be run by Clinical Nutritionist (BHSc), Angelica, from *This is Your Body*. This session is designed for **Year 7 and 8 parents and carers only** and is **not intended for students**.

Where: Iona College Resource Centre

When: Thursday, 22 May

Time: 6:00 PM – 7:30 PM

RSVP: via the [following online form](#) or QR code:



Our teens are under increasing societal pressure to conform to an unattainable standard of thinness and muscularity at a pivotal stage in both their physical and psychosocial development. In the past two months, Angelica has had many students share with her that they want to appreciate their body, but that it seems nearly impossible to do. It is time that we give them some hope.

In this session, she will cover:

- Where this pressure to conform has come from
- Why food has become so complicated
- The role that food plays in teen growth and development
- How to support a teen struggling with their body image
- Language that builds a positive relationship with food
- Steps you can take in your home to foster a joyful relationship with food and body

There will also be an opportunity for questions at the end.

About Angelica:

Angelica is a Clinical Nutritionist (BHSc), body image educator, and the founder of *This is Your Body*. Since graduating from Endeavour College of Natural Health in 2021, she has worked with young people across Australia to give them the tools and strategies they need to build a joyful relationship with food and their body. With lived experience of struggling with disordered eating as a student, she understands how deeply it can impact young people's lives. Angelica has worked with thousands of students, using evidence-based and sustainable strategies to help them appreciate and celebrate their bodies. Her approach is joyful and offers hope in what can often be heavy or uncomfortable conversations.

We hope you can join us for this valuable session.

Kylie Power
Deputy Principal Wellbeing

Mari Memasak (Let's Cook) Incursion

During the first two weeks of term, our Year 10 Indonesian students are putting into practice the knowledge they've gained in their 'Mari Memasak' (Let's Cook) topic from last term. With expert support from the staff of the incredible Balinese restaurant in Geelong, Nova, students prepared and cooked multiple traditional Indonesian dishes. Reflections from students included the following:

- "The nasi goreng and mie goreng we made were delicious, and the people from Nova were helpful and kind" (Matilda)
- "Cooking traditional Indonesian food was a great experience" (Logan)
- "The class was really enjoyable and I would love to do it again. The instructors were nice and helped me enhance my Indonesian skills" (Marlee)
- "The food was amazing. It was such a good experience being able to use the Indonesian language to help us communicate and understand the recipes" (Addie)
- "It was really fun and delicious" (Ella)
- "I learnt that I need to work on my cooking skills" (Isabel)
- "The flavours were enak sekali" - (Max)

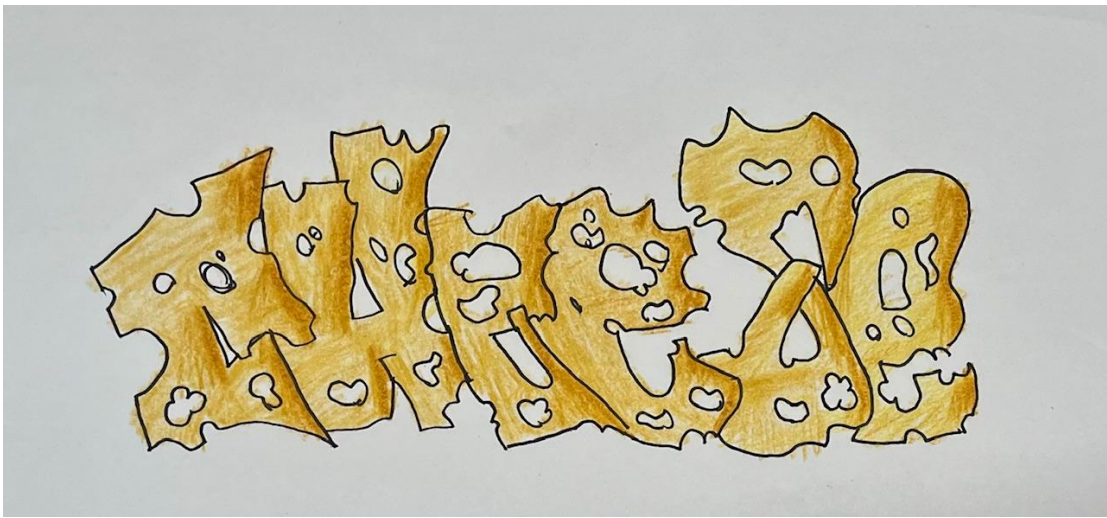


Year 9 Visual Communications Class

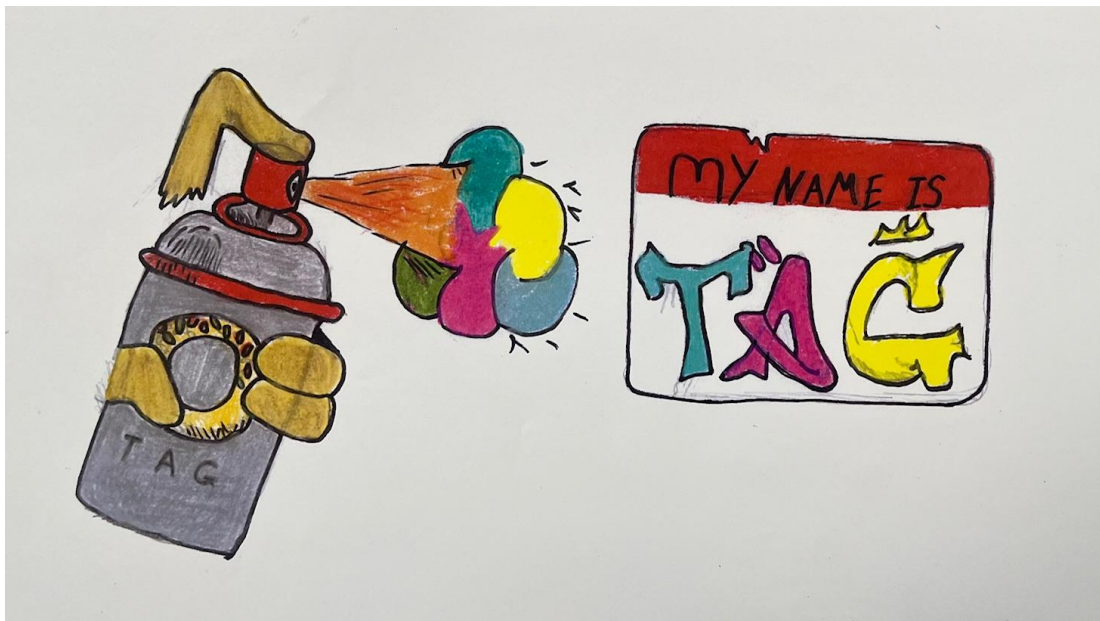
In our Year 9 Visual Communication class, students have been exploring Typography – the art and technique of arranging type to make written language legible, readable, and visually engaging.

As part of their learning, students have been tasked with creating decorative typography that visually reflects the meaning of the word they choose. This Creative Typography piece will form the foundation for their next design project, where students will develop packaging designs that incorporate their custom lettering.

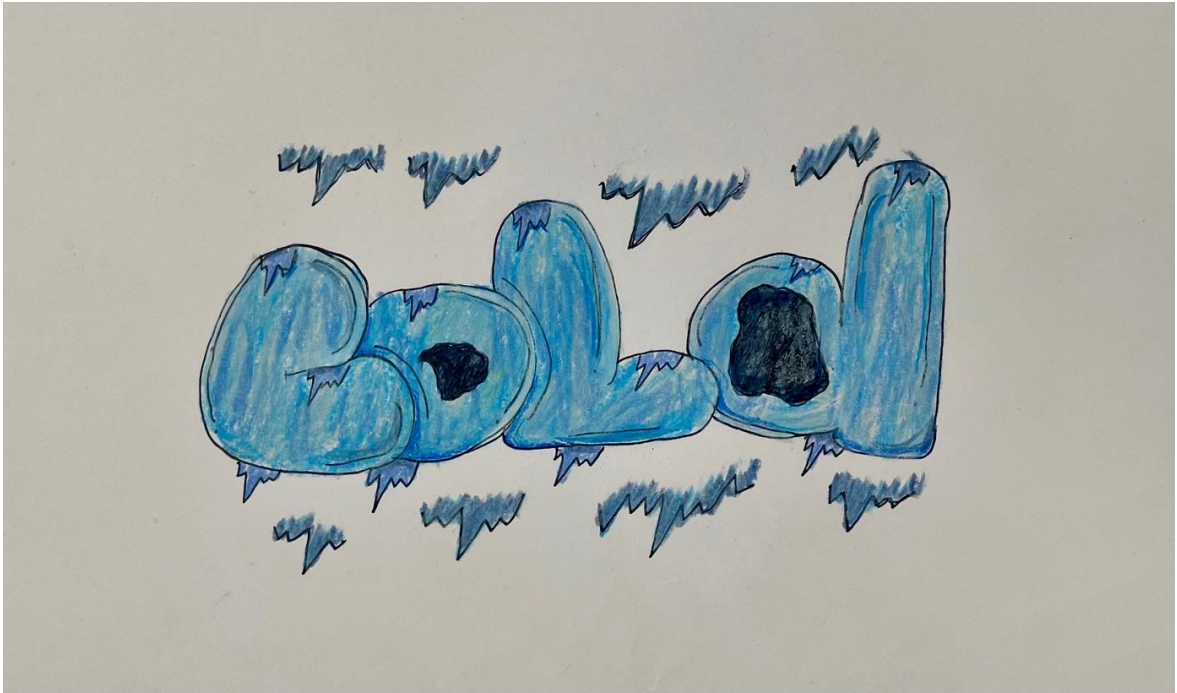
Take a look at some of the fantastic typography examples from the class below:



"Cheese" by Harrison W



"Tag" by Finlay D



"Cold" by Beau L



"Pizza" by Annette K



"Toast" by Michaela F

Iona Pathways Press

The 8th May edition of the Iona Pathways Press can be found [here](#).
In this edition, you will find information about:

- Dates to Diarise in Term 2
- Iona Career Expo
- CoGG Work Experience Opportunity
- EducationUSA Australia - Finding Your Best Fit U.S. University Webinar
- Reminder: University Clinical Aptitude Test (UCAT)
- Reminder: Residential Colleges Open House - University of Melbourne
- News from Monash University
 - Key Medicine 2026 Dates
 - Access Monash Seminars
- Torrens University Australia: Virtual Open Day 2025
- UNSW: Faculty Info Evenings
- Career in Health Information Management
- Animals, Conservation, Wildlife & Zoology Degrees in Victoria 2025
- Snapshot of James Cook University (JCU) 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 \(ionacareers.com\)](#)

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

CAREERS & PATHWAYS EXPO

TUESDAY
20 MAY 2025

5.00PM - 8.00PM

IONA COLLEGE GEE LONG

Stadium

242 Horseshoe Bend Road, Charlemont

Don't miss the Iona Careers Expo!

Explore study and career opportunities with universities, TAFEs, apprenticeship centers, first responders, and more. Chat with recruiters, get career advice, and connect with Iona teachers to help choose the right subjects for your senior years.

Start shaping your future today!

5.15 pm What is VCE?

5.35 pm What is VM?

6.00 pm What is VET?

7.00pm Crafting your ideal Curriculum;
A guide to selecting subjects to
suit you.

RSVP 12 MAY 2025

As you will have already heard, we're excited to be hosting Iona College's first Careers and Pathways Expo on Tuesday, 20 May 2025 – a valuable evening designed to support students in exploring future study, training and career options.

When: Tuesday, 20 May 2025

Where: Iona College Stadium

Time: 5:00 pm – 8:00 pm

The event is open to the Iona community, but it is aimed at students in Years 9–12 and their families. It will feature a wide range of exhibitors and informative sessions to help guide subject selection and post-school pathways.

Here's a quick look at what you can expect:

Over 40 exhibitors, including:

- Universities and providers such as **Deakin, ACU, University of Melbourne, RMIT, Swinburne, The Gordon, Photography Studies College**, and many more
- Career pathways like the **Australian Defence Force, Victoria Police, GenU, WestVic** and **Collarts**
- Iona's own subject areas, including **English, Science, Maths, The Arts, Humanities, PE, Tech, Languages, Religious Education** and more

Helpful Info Sessions:

- **5:15 pm** – What is VCE?
- **5:35 pm** – What is VM?
- **6:00 pm** – What is VET?
- **7:00 pm** – *Crafting Your Ideal Curriculum: A Guide to Subject Selection*

RSVP is essential, please RSVP online via the [following online form](#) before 12 May 2025.

The Pathways Team

[Reminder – Please follow the Road Closure.](#)

While roadworks are underway, please follow all road signage and closures for everyone's safety. Horseshoe Bend Road, to the north of our main entrance via Walter Street, will be closed from Monday, 28 April, for approximately six weeks.

- Pedestrian access will remain open at all times as shown in the image posted.
- There will be no vehicle access from the north while the road is closed. Families who usually travel this route will need to detour via Boundary Road, accessible from either Barwon Heads Road or Surfcoast Highway.

If you require further clarification, please contact College Reception. We understand this may cause some disruption and appreciate your continued patience and support. We hope this will be the final major interruption for some time.

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
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)
Friday 23 May	Year 12 Photo (Formal Uniform) (Updated Date)
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 - Friday 20 June	Year 7 Camp (Updated Date)
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.

Thanks for your support.

Damian, Kylie and Melissa