

15 May 2025

Dear Parents and Carers,

On May 8th, Cardinal Robert Prevost, the Chicago-born prefect of the Dicastery for Bishops under Pope Francis, was elected the 267th pope, taking the name Pope Leo XIV.



During his first public address, he began with “Peace be with you”. He referred to the atrocities of war that are happening in our world and urged us:

“Together we must try to be a missionary Church, a Church that builds bridges and always dialogues, that is always open to receiving everyone like this square with its arms open to everyone, everyone in need,” he said.

“My dear brothers and sisters, this is the first greeting of the risen Christ, the good shepherd who gave his life for God’s flock,” he said, praying that Christ’s peace would enter people’s hearts, their families and “the whole earth.”

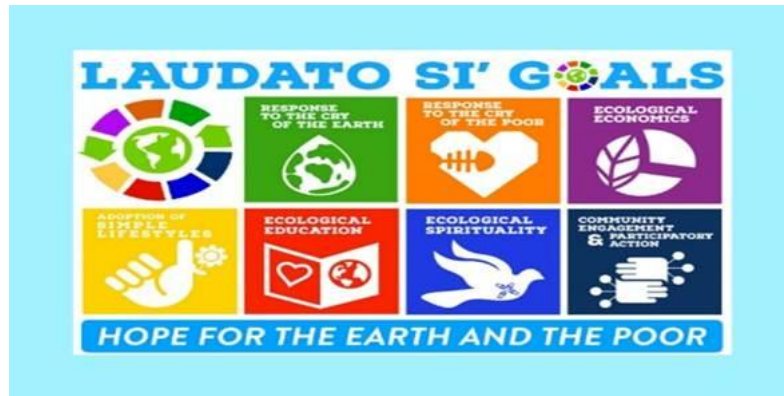
The peace of the risen Lord, he said, is “a peace that is unarmed and disarming.”

This is an important message for all of us in the Iona College community. May we listen to Pope Leo’s call for peace and work together for unity in our families, our friendships, our school and our world.

A prayer for Pope Leo XIV

Lord, source of eternal life and truth,
give to your shepherd a spirit
of courage and right judgment, a spirit
of knowledge and love. By governing
with devotion to those entrusted to his care,
may he, as successor to the Apostle Peter,
build your
Church into a sacrament of unity, love,
and peace for all the world.
Amen.

Laudato Si' Week 2025 – 16th – 24th May



Pope Francis' encyclical letter on human ecology, *Laudato Si'* is the Church's most profound call for us all to be protectors of creation and those living in poverty.

The Encyclical calls for global solidarity, where all individuals, communities and governments have an essential part to play. Out of love for our sisters and brothers worldwide, and for the love of God's creation, we are all called to respond.

Laudato Si' Week is a celebration beginning tomorrow and finishing on May 24, marking the anniversary of Pope Francis's landmark encyclical on caring for creation. This year, *Laudato Si' Week* is extra special as we celebrate the *10th Anniversary of Laudato Si'* in the Year of Jubilee. It is also a wonderful opportunity to acknowledge with gratitude the incredible inspiration of Pope Francis in caring for our common home. Our focus this year is debt, and the impact debt has on the earth and on each other. Through the global campaign, *Turn Debt into Hope*, we invite you to stand with us during *Laudato Si' Week*. Together, we can *Turn Debt into Hope* and build a more just world. (Caritas Australia)



Year 12 Group Photo Reminder

Arthur Reed Photos will take the Year 12 group photo on Friday, 23 May, first thing in the morning. Formal uniform is compulsory.

Students who are usually off-site on Fridays for trade school will be transported by Iona staff after the photo. Please ensure relevant supervisors are informed that students will arrive later than usual on this day.

Tasty Treats for Timor Leste - Reminder



This is just a reminder that this month, we are raising funds for one of our closest neighbours, Timor-Leste and there's still time to place an order. 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.





All Parents/Carers are Invited to Upcoming Session – How Do I Talk to My Teen About Food

The upcoming session for How Do I Talk to My Teen About Food is now open to **ALL** parents and carers. This session will be run by Clinical Nutritionist (BHSc) Angelica, from *This is Your Body*. This session is designed for parents and carers of students in all year levels 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

[What is the N.C.C.D](#)

As a parent, guardian, or carer, what do I need to know?

The Nationally Consistent Collection of Data on School Students with Disability (NCCD) is a yearly count of students by all Australian schools across the country. The aim of the NCCD is to provide the Australian Government with information about the number of students with disability in Australian schools and the type of adjustments they need in order to access and participate in education on the same basis as other students. From 2018, the NCCD will be used by the Australian Government to inform funding for schools, known as the 'student with disability loading'.

If you are a parent, guardian, or carer of a child with disability who requires ongoing adjustments at school, a teacher or another school staff member will consult with you to understand your child's needs. This collaborative approach ensures the most appropriate adjustments are chosen to support your child's learning and participation at school. In some cases, an individual education plan (IEP) or personal learning plan (PLP) may be developed to document specific educational goals and to review your child's progress over time.

[For more information, please take a look at the following NCCD Fact Sheet](#) for parents and carers.

The Learning Diversity Team

Sleep Wellbeing, Weekly Grab

At Iona, we know that good sleep is the foundation for learning, health and wellbeing. Sleep is also really important to help us manage our behaviour. This is particularly important for those of us who might have Attention Deficit Hyperactivity Disorder (ADHD).

Many parents and carers report that it can be hard for their young people with ADHD to fall asleep. One reason why this might be the case is that students with ADHD often have trouble paying attention to body signals that it is time to sleep. They might be doing something interesting or exciting, and then they push through sleepiness or don't even notice it.

If this happens, they might miss their first cycle of sleep, which goes for about 90 minutes. Regularly missing 90 minutes of sleep can make it more likely that our students will struggle with their behaviour. If your young person is finding it hard to wake up in the morning, is sleeping in on the weekends, or is falling asleep very quickly, they are likely not getting enough sleep. For many students with ADHD symptoms, they have a long history of sleeping poorly and might not even realise that they are having sleep difficulties, as they are so used to them.

Helpful Apps:

[Doze App](#) for our teenagers

[Insomnia Coach](#) for adults

[Separating sleepiness from insomnia:](#)

[Useful resources for young people](#)

[Instead of losing sleep to study, use effective memory strategies](#)

Marisa Lavars

College Psychologist

Year 12 Guest Speaker

Last Friday, the Year 12 cohort had the privilege of hearing Sam Clear and his incredible journey walking from Brazil to Spain with the utmost amount of courage.

Below is an excerpt from Luca Fraser and Alessandro Montalto, and their reflections on the morning:

On Friday morning, Year 12 students were visited by Sam Clear, one of the most inspirational men we've ever had the pleasure to meet. Sam shared with us his courageous journey walking across the globe in pursuit of a more united world, discussing the highs, lows, the countless lessons and teachings that have helped shape him into the man he is today. From coming face to face with a puma in the jungle, being caught in a blizzard with a locked knee and torn Achilles tendons, to walking up to 90 kilometres in a day, Sam saw the good, the bad, and the ugly of the world. Despite these extreme challenges and horrendous pain, Sam remained committed to his mission of unity, walking from town to town, seeking out churches and praying with people along the way.



Sam grew up on a farm in Tasmania and shared genuine experiences from his upbringing, including playing sport at an elite level. He was an incredible footballer with a real chance of playing in the AFL, but a serious back injury forced him to make the brave decision to give up his football dream and instead dedicate his life to helping others. That decision alone spoke volumes to us, it showed that in life, we are not always dealt the right hand, and things may not go as expected. But it's up to us to make the best out of a bad situation and find a way to live life to the fullest despite setbacks. Prior to his world walk, Sam has also lived and worked as a missionary, dedicating his life to serving others and deepening his faith. His time as a missionary saw him working with communities in need, often in challenging conditions, where he focused on building relationships, offering support, and spreading a message of hope, compassion and unity grounded in his strong Christian beliefs. These experiences further shaped his character and commitment to making a positive impact in the world, prompting his walk for unity.

Sam is the epitome of resilience and purpose. Rather than staying confined to the limitations life placed on him, he continually challenged himself to become a better person in the name of helping others and promoting unity in our world. His message was powerful and moving, and it resonated with many of us. From speaking to friends afterwards, it was clear that Sam's talk had a profound impact, leaving everyone amazed at what he had experienced and inspired by what he had done to achieve his dream. We will take the lessons he shared and use them to motivate us in pursuing our own dreams. Sam Clear is the perfect role model for young people and has taught us invaluable lessons through his life experiences.

Sam Clear's book *WALK4ONE*, which explores his extraordinary journey and powerful message of unity, is now available to read in the school library.

Luca and Alessandro
Year 12 Students

VCE Food Studies Unit 1 Foodie Trails Excursion



On Tuesday, 6th May, our Unit 1 VCE Food Studies students ventured into the heart of Melbourne to take part in the Foodie Trails tour through the vibrant CBD.

The excursion offered students a unique opportunity to explore how immigration has shaped Australia's rich and diverse food culture over time.

The tour began at *Flora Indian Restaurant* on Flinders Street, where students shared a traditional Indian meal and listened to engaging stories from our tour guides, Haimanshi and Simon. They explored the cultural and culinary influences of key waves of immigration, from Chinese arrivals during the Gold Rush, to Vietnamese migration in the 1970s following the Vietnam War, and more recent Indian migration from the early 2000s onwards.

From there, we took a walking tour through Melbourne's iconic foodie laneways, including Degrares Street, sampling freshly made Vietnamese rice paper rolls. The journey concluded in Chinatown with a delicious tasting of dumplings and traditional Chinese pancakes at *China Red*.

The day was not only enjoyable but also eye-opening, encouraging students to expand their palates and reflect on the multicultural influences that shape modern Australian cuisine.

Jacqueline Huxtable
Teacher

Important notice for Parents and carers: Misuse of College-Provided Laptops

We would like to bring to your attention a concerning trend that has recently emerged on social media platforms. This trend encourages students to deliberately damage their school-issued laptop, often by inserting foreign objects into the device or tampering with its internal components. These actions are being portrayed as humorous or rebellious online, but they carry serious consequences.

What Parents & Carers Need to Know:

- **Intentional Damage:** Some students are influenced by online content that promotes damaging their laptops as entertainment or peer challenge.
- **Tampering and Foreign Objects:** Any attempt to open, modify, or insert objects into the laptop, such as paper clips, coins, or other materials, constitutes tampering.
- **Warranty and Insurance Void:** The College's warranty and insurance policies do not cover intentional damage or tampering. This means that if a student damages their device in this way, the cost of repair or replacement is not covered.
- **Financial Responsibility:** Students found to have tampered with or intentionally damaged their device will be held financially responsible. The cost to replace a college-provided laptop is \$1,600.

We ask for your support in speaking with your young person about the importance of respecting school property and the serious consequences of participating in such trends. Please remind them that:

- School devices are educational tools, not toys.
- Misuse of these devices can result in disciplinary action and financial liability.
- Online trends can have real-world consequences.

We appreciate your assistance in helping us maintain a safe and respectful learning environment. If you have any questions or concerns, please don't hesitate to contact the College.

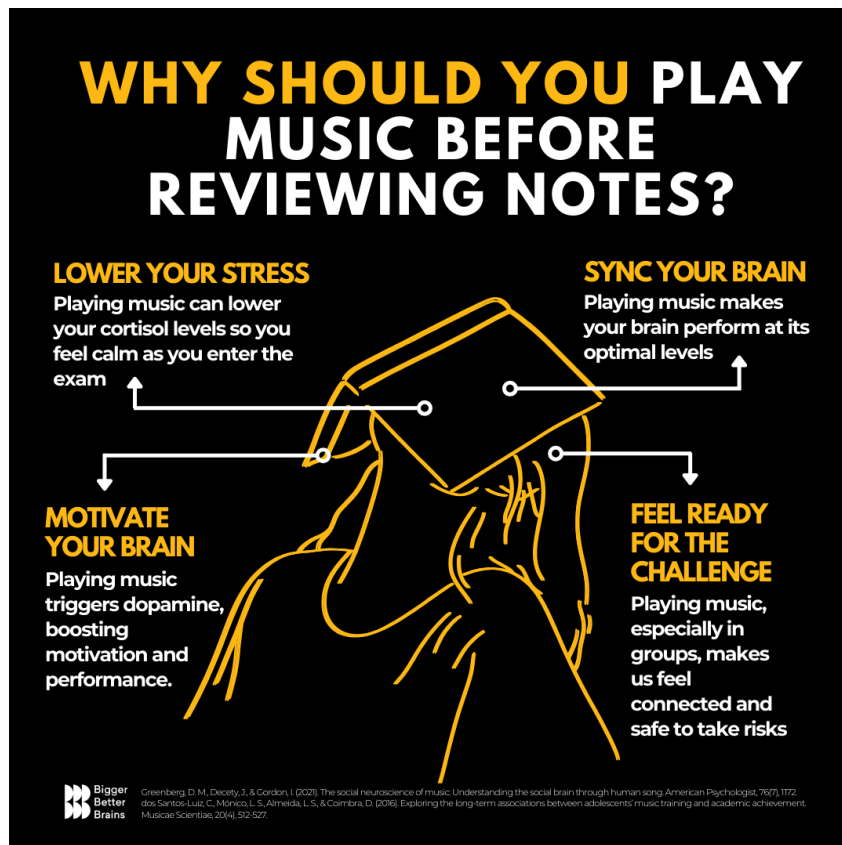
Michael Hughes
ICT & Resource Manager



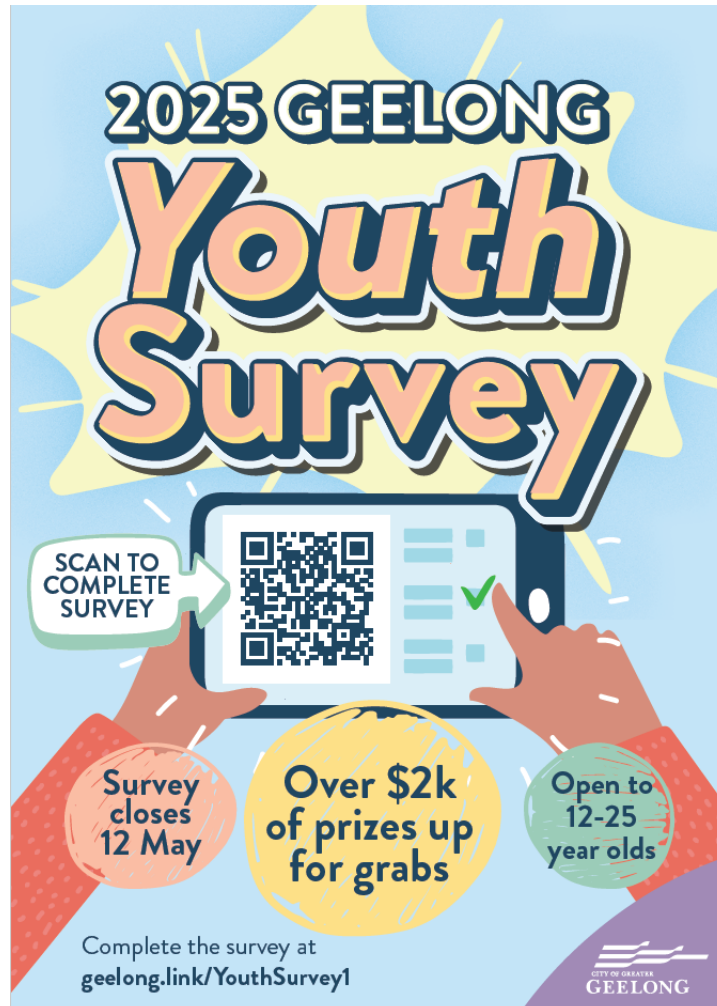
Did you know music helps students to learn in all areas?

It has been proven through many scientific research projects that playing an instrument can have a pivotal role in helping the development of learning in other academic areas. Anita Collins is a leader in this area, and [this short video](#) is a great way to explain why.

Often, students, as they get to higher year levels, pull out of music activities, but their continued participation can help with their study, not hinder it.



2025 Youth Survey



The City of Greater Geelong has launched the *2025 Geelong Youth Survey* to hear directly from young people aged 12–25, as well as parents, carers, educators and the wider community.

This important survey will help shape youth-focused programs, services, and events across the region for 2025–26. By sharing your insights, you'll be helping to build a more inclusive and youth-supportive Geelong. The survey takes just five minutes to complete and is completely anonymous. It's open until **18 May 2025**.

[Complete the Survey here.](https://geelong.link/YouthSurvey1)

Young people aged 12–25 who provide their email address will also go into the draw to win fantastic prizes valued at over \$2000, including a Nintendo Switch, iPad, UE Boom speaker, wireless headphones, Kindle, and \$100 Westfield gift vouchers.

Australia's Best Teacher - Reminder

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 her
My teacher taught me guitar!!
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.

Year 10 Active and Able Class: Wheelchair Sports Incursions

Last week, our Year 10 Active and Able class had the incredible opportunity to participate in two Wheelchair Sports Incursions, gaining firsthand experience in adaptive sports and hearing inspiring stories from athletes who navigate life in a wheelchair.

Wheelchair Rugby with Ben Owens

Our first session was led by Ben Owens from the Disability Sport and Recreation Education Team. Ben, a former military serviceman, developed a rare disorder after a bout of food poisoning, which now affects his nerve cells and requires him to use a wheelchair. Despite this challenge, Ben found a passion for Wheelchair Rugby, a fast-paced and physical sport that allows players to be rough, strategic, and competitive.

During the Wheeltalk session, Ben taught our students how to manoeuvre wheelchairs, safely crash into each other, and play a game of Wheelchair Rugby. The Year 10s quickly embraced the challenge, learning how to smash, bash and crash while navigating this adaptive sport.

It was also a fantastic opportunity to celebrate the achievements of Hamish Baker, one of our own classmates, who recently competed in the Wheelchair Rugby National League Melbourne International event, playing in Ben Owens' team, where Ben served as the player-coach. A huge thank you to Hamish for initiating this valuable connection with external providers!

Sports with Kaye Colman

To further explore adaptive sports, we welcomed Kaye Colman from Parallel Sports on Friday. Kaye was joined by three guest speakers who shared their personal journeys of how they came to use a wheelchair, including experiences with a car accident, brain aneurysm, BMX accident and Spina Bifida. Their stories provided a powerful reminder of how life can change in an instant, making our learning experience deeply real and impactful. We were also fortunate enough to have Sam McIntosh (a 4-time Paralympian) join us today and share how he has broken his neck not once but twice. He is a sprint racer and loves how fast he can go in a racing wheelchair. His journey is amazing, and the fact that he has represented his country in 4 Paralympics.

Adding to the session, Kaye introduced her emotional support dog, Nimbus. Nimbus was originally trained as a guide dog but was unable to fulfil the role due to his own disability, an underbite that causes excessive drooling. His presence brought warmth and an important message about resilience and adaptability.

These incursions were eye-opening, engaging, and inspiring, allowing students to develop a deeper understanding of adaptive sports, inclusivity, and the strength of the human spirit. A huge thank you to Ben, Kaye, Sam, Wil, Annie and Nimbus for sharing their expertise and experiences with us!

Gina Oliver
Teacher / Year 9 NCCD Case Manager



Iona Pathways Press

The 15th 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
- Victorian Law Week 2025
- News from Federation University
 - Bachelor of Social Work at Berwick in 2026
 - Early Entry Program
- Deakin University: Cracking the Case: Where a Forensic Science Degree can take you?
- Hawthorn College of Sport Information Session
- Camp SEEK 2025
- Double Degrees at Monash University
 - What is a Double Degree?
 - Science Double Degrees
- Tourism Insights ~ MCG
- Architecture, Construction & Surveying Degrees in Victoria in 2025
- Snapshot of the University of Adelaide in 2025

Careers & Pathways Press Expo Save the Date



There's still time to register for our 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. please RSVP online via the [following online form](#) before Friday, 16 May 2025.

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:

242 Horseshoe Bend Road
Charlemont VIC 3217

p: 03 5229 0004

e: reception@iona.vic.edu.au

iona.vic.edu.au

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*

The Pathways Team

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 Except for GAT Students
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	Parent & Carer Evening (all year levels) - 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)



A reminder that Monday, 19 May, is a Staff Professional Development Day and will be a student-free day, except for those students sitting the GAT. We look forward to welcoming all students back on site on Tuesday, 20 May.

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