

22 May 2025

Dear Parents and Carers,

Monday, 26th May is National Sorry Day. Every year on 26 May, we join with people all over Australia to remember and acknowledge the mistreatments of First Nations peoples who were forcibly removed from their families, Communities and Country.

We cannot begin to address the problems of the present without accepting the truth of our history. Sorry Day asks us to acknowledge the Stolen Generations and reminds us that historical injustice is still an ongoing source of intergenerational trauma for First Nations peoples today.

On Monday, we say Sorry and reflect on our role in the healing process and continue our commitment to celebrating First Nations' story, Culture and language.

The flags will be flown at half-mast to show respect on this day.



God, Mother of Mercy,
stir within us compassion and a deep desire for reconciliation.
On National Sorry Day, may compassion and reconciliation be strong and true
so that justice flows, action flourishes, a difference is made, and peace is accomplished.
Amen

National Reconciliation Week



Bridging Now to Next urges us to look ahead and continue the push forward as past lessons guide us. At a time when Australia faces uncertainty in its reconciliation journey, this theme calls on all Australians to step forward together.

In the #NRW2025 theme artwork created by Kalkadoon woman [Bree Buttenshaw](#), native plants – known for regenerating after fire and thriving through adversity – symbolise our collective strength and the possibilities of renewal. This is a time for growth, reflection and commitment to walking together. Australia's history of reconciliation is not a linear one but one that includes both great strides and disappointing setbacks.

Twenty-five years ago, Corroboree 2000 brought together Aboriginal and Torres Strait Islander and non-Indigenous leaders in a historic call for reconciliation. We will continue that work in 2025, inviting all Australians to join us in *Bridging Now to Next* – building a more united and respectful nation.

Year 12 Group Photo Reminder

Arthur Reed Photos will take the Year 12 group photo tomorrow, 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.

Career Expo

Our school was a buzz with excitement on Tuesday evening when we hosted Iona's inaugural Careers and Pathways Expo. We welcomed over 1,000 members of our community through the doors, who had the opportunity to explore various pathways available to them, within the school and beyond. We were thrilled to host representatives from over 40 organisations, including:

- * Universities and providers such as Deakin, ACU, University of Melbourne, RMIT, The Gordon, Photography Studies College and many more
- * Career pathways like the Australian Defence Force, Victoria Police, GenU, WestVic and Collarts

Students and families found the following information sessions invaluable:

- What is VCE?,

- What is VM?
- What is VET?
- Creating Your Ideal Curriculum: A guide to selecting subjects to suit you.

It is such an exciting time for our young people and their families, as they explore the excellent opportunities available to them now and in the future. The external agency representatives were so impressed by the questions the students asked and the thought they are putting into their future pathways. We would like to extend special thanks to Kirsty Cassidy, James Kernick, Brooke O'Leary and Cassie Healy for their outstanding work in coordinating the evening.

Our gratitude also goes to Anthea Sholl, Shannon Cunningham and Belinda Dezdjek for their insightful presentations in the Francis Centre.

Sam Wood, our Head of Student Voice and Agency, and our College and Student Leaders did a wonderful job greeting our guests on the evening, ensuring everyone felt welcome and knew where they were going.

Thank you to all Learning Area Leaders and teaching staff who represented their Domain areas, as well as our Maintenance, Admin and Canteen teams, for your contributions to making the night a success.

Timor Leste Independence Day- May 20th

On Tuesday, we celebrated Timor-Leste Independence Day. Timor-Leste became the first new country of the 21st Century on May 20, 2002. It is therefore a relatively young country with a long history of turmoil and many human rights abuses. Timor-Leste continues to face significant development challenges, including high rates of poverty and malnutrition.

At Iona, we are developing an important relationship with the people of Timor-Leste through our membership in the Geelong Viqueque Friendship Schools Program. This term, we have been raising money for our Sister School, St Estevao, Viqueque. We are very grateful to the families who have contributed through our election day BBQ and Routley's 'Tasty Treats for Timor' fundraisers. If you'd still like to order some tasty treats, there's still time. 25% of your order placed through the website 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.

We are pleased to be able to send staff member, Ella Lane, to Viqueque in the next school holidays. She will be meeting students, staff and families of St Estevao, where she will continue to strengthen our relationship between both of the schools. We look forward to having a better understanding of the culture and needs of our sister school when more staff and students visit in the near future.

Timor Leste was brought into the public eye in September last year when this young country, where 95% of the population is Catholic, was visited by the late Pope Francis. He spoke to the people of hope, praying for 'a new dawn of peace and freedom'. He spoke with confidence about the hope he has for the 'youthful face of Timor Leste', where more than 65% of the population is under the age of 30. He concluded his visit with a blessing:

*May the faith, which has enlightened and sustained you in the past,
continue to inspire your present and future' **Pope Francis***

The people of Timor-Leste dream of peace. To obtain this, many political, economic, social and cultural issues need to be resolved. The road to peace is long and winding, and we pray that people can work together in nurturing the new nation and finally achieving peace.



Our Village Clothes Drive

Thank you to everyone who contributed to our clothing drive for Our Village. Your generous donations have made a huge impact, and we are grateful for your kindness and support.

Thank you once again!

Lily T and Kezia B
Year 12 Students

Maths @ Iona – Patterns, Problem Solving, and Preparing for Success

At Iona, we encourage our students to stretch their thinking, tackle challenges and find joy in the patterns and puzzles that numbers provide.

Recently, a group of selected Year 8 students have taken on the exciting challenge of the Australasian Problem-Solving Mathematical Olympiads (APSMO). The first stage of the Maths Olympiad has now been completed, and we congratulate these students for their resilience and creativity in tackling such difficult, non-routine problems. These types of questions encourage deep thinking, perseverance and mathematical reasoning, skills we value highly.

Meanwhile, our senior VCE mathematics students are entering a significant phase in their final year of schooling.

- Units 3 & 4 General Mathematics students have received formal feedback on their first application task and are now preparing for their next SAC on recursion and financial modelling.
- Units 3 & 4 Mathematical Methods and Specialist Mathematics students are working through the topic of Differential Calculus, applying their understanding to increasingly complex functions and preparing for their upcoming assessments.

To all families supporting a student in VCE Mathematics, now is a great time to encourage the use of past VCE exam questions as a regular part of study routines. These are invaluable for developing familiarity with question styles and consolidating knowledge for the exams ahead.

Finally, let's take a moment to celebrate the fun side of mathematics. This week, from 5/20/25 to 5/29/25, every date is a palindrome when written in the U.S. format (MM/DD/YY). For example, 5/21/25 becomes 52125, a mirror image! Palindromes aren't just for dates, words like KAYAK and RACE CAR are also great examples. Why not explore other patterns and palindromes with your children this week? After all, mathematics is all about recognising and exploring patterns, both big and small.

George McMeel
Learning Area Leader (Mathematics)

Wellbeing At Iona



Reminder – Tonight's 'How Do I Talk to My Teen About Food'

Tonight's session on 'How Do I Talk to My Teen About Food' is 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: Tonight, Thursday, 22 May
Time: 6:00 PM – 7:30 PM

We're looking forward to seeing you there.

Kylie Power
Deputy Principal Wellbeing

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).

Consecutive days of poor sleep can lead to symptoms and behaviours very like ADHD. The current thinking amongst many experts in ADHD is that poor sleep needs to be ruled out before making a diagnosis of ADHD! A 2023 article in *Brain Science* reported that “Sleep alterations may produce ADHD-like symptoms, and, on the other hand, an altered sleep architecture could exacerbate ADHD symptoms... Regular sleep disturbance can lead to the development of ADHD or ADHD-like symptoms, potentially resulting in misdiagnosis.”

We can help by supporting our young people to have some wind-down and screen-free time before bed. For many of us, 60 minutes might be enough. For our young people with ADHD, 60-90 minutes might be more appropriate. We can help by setting a ‘bedtime’ for devices 60-90 minutes before our young person’s bedtime. We can also help our young people by encouraging them to pay attention to cues of sleepiness – things like head nodding, eyes rolling back and trouble concentrating on a TV program. Cues of sleepiness tell us that it is time to head to bed.

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](#)

[Cumulative sleep debt may create behaviours which look like ADHD, and may exacerbate ADHD symptoms.](#)

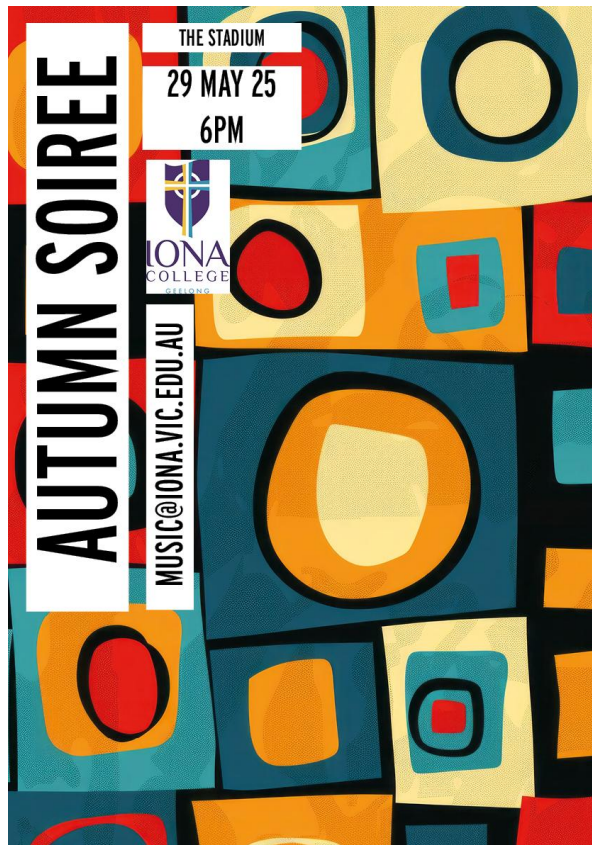
Marisa Lavars

College Psychologist

Music Department News



Autumn Soiree



We are very much looking forward to some of our musicians sharing their developing skills with us on Thursday, 29th May. We hope to see many members of our community there to support them. Please use [the following Trybooking link to book your tickets](#). These tickets are free and are only to help us know how many people are attending.

Charlie and the Chocolate Factory



Production rehearsals are going well, and we are all very excited about performing in the Geelong Arts Centre. Tickets are selling fast, so don't be disappointed – [get in early and book your family tickets](#).

BOOK PRODUCTION TICKETS ONLINE



Art Department News

David Bromley's Year 9 i-Create students have now commenced their final artwork, following a period of reflection on the artistic processes explored in their Visual Arts journals. Students have selected their favourite trials and made decisions about the ideas, materials and techniques they will use in their final pieces.





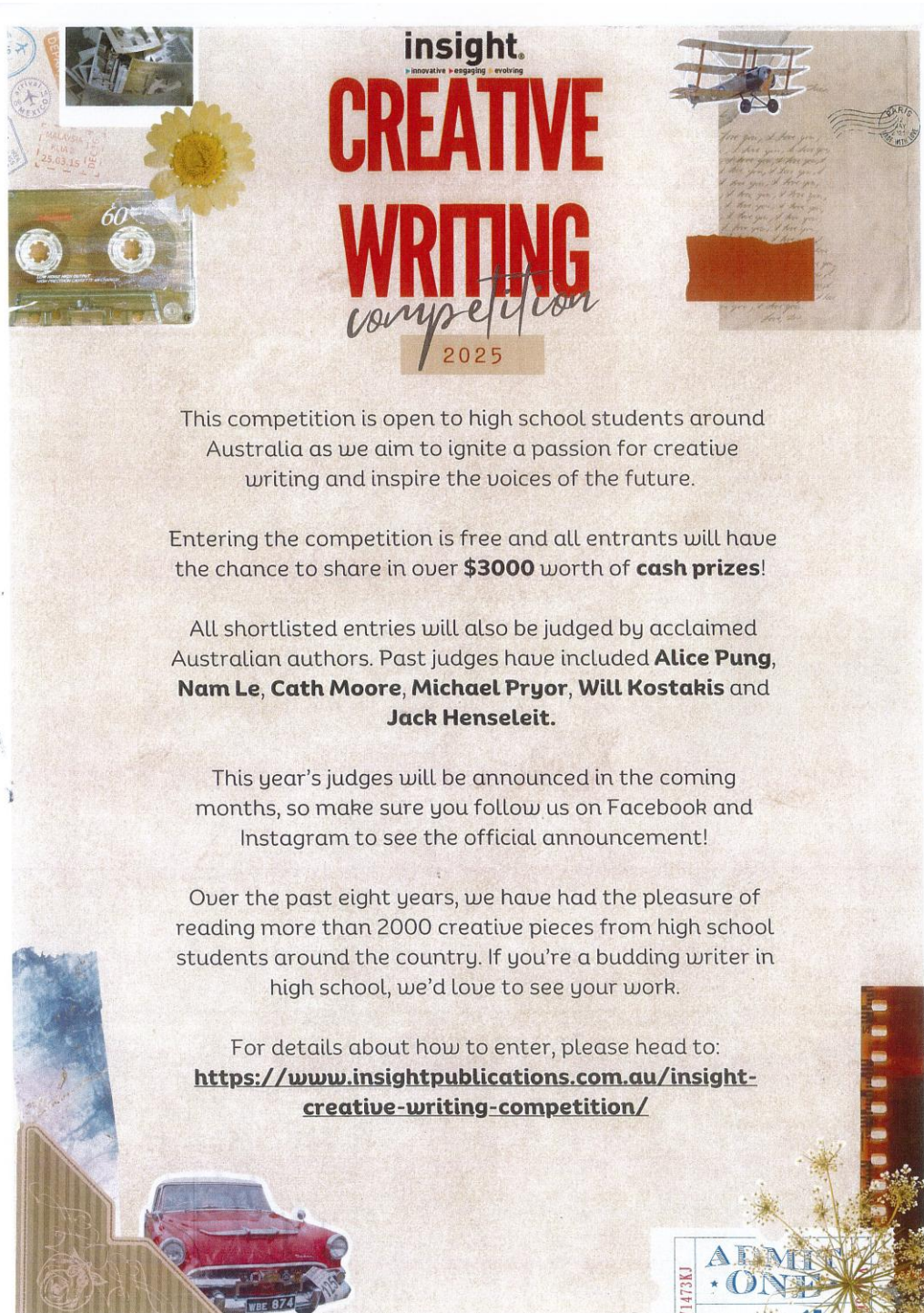
David Bromley's Year 8 Visual Art students

Tim Burton inspired new Australian animal creations. Students developed ideas on paper and used these ideas to create mixed-media sculptures.





Student Writing Competition



insight.
» innovative » engaging » evolving

CREATIVE WRITING *competition*

2025

This competition is open to high school students around Australia as we aim to ignite a passion for creative writing and inspire the voices of the future.

Entering the competition is free and all entrants will have the chance to share in over **\$3000** worth of **cash prizes!**

All shortlisted entries will also be judged by acclaimed Australian authors. Past judges have included **Alice Pung, Nam Le, Cath Moore, Michael Pryor, Will Kostakis** and **Jack Henseleit.**

This year's judges will be announced in the coming months, so make sure you follow us on Facebook and Instagram to see the official announcement!

Over the past eight years, we have had the pleasure of reading more than 2000 creative pieces from high school students around the country. If you're a budding writer in high school, we'd love to see your work.

For details about how to enter, please head to:
<https://www.insightpublications.com.au/insight-creative-writing-competition/>

Iona Pathways Press

The 22nd 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
- New 'Earn & Learn' Model at RMIT University
- University of New South Wales (UNSW) Co-op Program 2026
- VTAC key dates for Year 12's
- Construction Management at Deakin's Burwood Campus in 2026
- Bachelor of Physiotherapy at Federation University
- Golden Plains Career Expo
- Studying Engineering at Monash University
- Cyber Security Courses in Victoria in 2025
- Snapshot of the University of Tasmania (UTAS) in 2025

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)

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.

A reminder that next Thursday, 29 May, students are required to wear formal uniform for our Reconciliation Week Assembly.

Thanks for your support.

Damian, Kylie and Melissa