

29 May 2025

Dear Parents and Carers,

This week at Iona, we celebrated a very significant week in our calendar, National Reconciliation Week. This is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. At Iona College, we are committed to reconciliation, learning, sharing and truth-telling, not just in reconciliation week, but every day.

Truth-telling is essential for reconciliation to happen. Truth-telling enables a fuller and more accurate account of Australia's history to recognise the strength and contribution of Aboriginal and Torres Strait Islander peoples. It acknowledges the historical silencing of injustices and the ongoing impacts of colonisation on First Nations people. Truth-telling is fundamental to advancing reconciliation. Senior Religion classes this week are learning about the Yoorrook Justice Commission and Deputy Chair Commissioner Travis Lovett's, Kerrupmara Gunditjmara, walk for truth. He is walking 400km from Portland to Parliament to deliver Yoorrook's final report. This report is truth-telling, which documents the past and provides a road map to transform the future.

Travis will be walking the Colac to Geelong leg from the 6th to the 11th of June. [Please refer to the website](#) if you are interested in learning more or even joining the walk.

On Monday, a group of students had the privilege to attend a smoking ceremony at Booln Booln, to recognise and acknowledge National Sorry Day. This was followed with an afternoon of yarning, connection, listening, play and creativity with First Nation students and staff from Iona College and St Catherine of Sienna. We marked the official start of Reconciliation Week with a breakfast shared by First Nations staff, students and families, FIRE carrier staff and students and our College Leadership Team. These activities really embodied the theme of 'Bridging now to next'.

Today, we gathered for our Reconciliation Week assembly, where we commissioned our Fire Carriers for 2025/2026. FIRE carriers play a pivotal role in our leadership structure, executing their role with pride. FIRE Carriers are students and staff who share a passion for learning about First Nations culture and history and are committed to sharing this knowledge, promoting reconciliation within and beyond the school community. A FIRE Carrier promotes respect, fairness and inclusion for First Nations Peoples. We welcomed the following members to our FIRE carrier group: Narain Saana, Ms Hicks, Mia Bigolin, Mr Frawley, Raff Lennon, Mrs McLaren, Ainsleigh Gray, Mr Chalkley, Abigail Hunt, Mr Walsh, Abby Collins, Mrs Erlenbusch, Finn Lees, Mr Hagan, Evie McNamara, Mr Westblade, Diesel Bellia and Ms Lavars. We congratulate all of you on your successful appointment, and we will walk with you as you continue to learn, connect, and advocate for reconciliation.





Wellbeing At Iona



Child Safety at Iona College – Sexual Abuse Online

Sexual abuse online can happen to any child at any age, but there are things we can do to prevent it. Parents and carers are the first line of defence in protecting children and young people from child sexual abuse online.

eSafety, police and researchers see reports of online sexual abuse increasing each year. A recent Australian study found that 1 in 13 children under 18 had experienced sexual images of them being shared without consent (this is called image-based abuse) and 1 in 6 had been sexually groomed by an adult – and we know not all abuse is reported.

It's important for parents and carers to understand how this abuse happens and how to help prevent it. We can take steps to help children avoid harm and feel safe and confident when they're online. We can do this by paying attention to their online experiences, helping them build skills, using safety features in games and apps, and making it easy for them to ask for help if things go wrong. It's also important to have open conversations about online risks with children, without scaring them. Talking about online child sexual abuse in a way that's appropriate to their age and development makes it easier for children to speak up when they need help.

At Iona College, it's been our mission to ensure technology, learning & wellbeing can co-exist in a safe online environment. In late 2024, we adopted a platform that allows teachers to filter, monitor and pause student devices in class in real time. The feedback from our teachers is overwhelmingly positive. We now take the opportunity to extend the platform to our families. An exciting new monitoring tool for parents and carers will be launched in Semester 2. Families can now opt in to a family-friendly version of the technologies we use at Iona. The *Questodio* platform allows parents & carers to monitor, pause and filter internet on the college-provided device and one extra device of their choice, such as their young person's iPhone, iPad, or Android Phone. We are excited to announce a powerful resource for our parents that we will launch to Year 7 parents in the coming weeks, with a full school roll-out in Semester 2. Watch the newsletter for more information.

Sleep Wellbeing, Weekly Grab

At Iona, we know that our knowledge about sleep will be something that will help us and those we care about throughout the rest of our lives. We have talked before about how we have three sleep systems which work together to help us sleep. Sometimes our efforts to fix sleep difficulties or our sleep habits actually stop these sleep systems from working effectively! For example, some students will have naps throughout the day to compensate for staying up late.

Naps have an impact on our homeostatic system. This system keeps track of how much 'sleep drive' we build up over the day. When we nap, we reduce our sleep drive, and then this means it is hard to sleep throughout the whole night or feel sleepy enough at our usual bedtime. Where possible, naps should be avoided, unless for safety reasons. If they can't be avoided, a nap earlier in the day is better if possible, as it will have less impact on sleep overnight.

Keep These Tips at the HELM to Manage Tiredness

Hydrate – drink enough water during the day, as being dehydrated can make you feel tired

Eat – when you skip meals or eat junk food, it can create lots of changes in your blood sugar, which can leave you feeling tired

Light – get out in the light. Daylight is the best, but any light is good to help you feel more alert

Move – movement helps you stay alert. Movement breaks throughout the day can help with tiredness.

Helpful Resources:

[Doze App](#) for our teenagers

[Insomnia Coach](#) for adults

[Separating out sleepiness from insomnia:](#)

[Useful resources for young people](#)

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

Marisa Lavars

College Psychologist

E-Scooter Safety

E-scooters are becoming increasingly popular among young people. It's important that we take the time to educate our young people on the rules and safety requirements around e-scooter use, especially as regulations have recently been updated in response to a rise in accidents. We encourage all families to familiarise themselves and their children with the latest safety information provided below:

E-scooter Road Rules

Tougher penalties as e-scooters are made permanent.

e-scooter riders cannot

- Ride on the footpath
- Use a mobile phone while riding
- Ride while under the influence of drugs or alcohol
- Carry passengers or animals or ride in tandem
- Ride a high-speed e-scooter, one capable of more than 25 km/h
- Ride on roads that have a speed limit over 60 km/h

e-scooter riders must

- Be aged 16 years and over
- Not exceed the maximum speed of 20 km/h
- Ride only on shared paths and roads that have a speed limit up to 60 km/h
- Wear a helmet at all times
- Follow traffic rules
- Use lights and reflectors



Scan the QR code to learn more

For more information (including community language translations)
transport.vic.gov.au/Road-rules-and-safety/E-scooter-road-rules



Breaking Down Barriers Through Inclusive Sport: Goalball at Iona College

At Iona College, inclusivity is more than just a concept, it's a commitment to breaking down barriers and ensuring that everyone has the opportunity to participate, thrive, and belong. Recently, our Year 10 Active and Able students had the privilege of experiencing the Paralympic sport of Goalball, thanks to an inspiring incursion led by Rob Apps and Daniel Pritchard from ExSight Sports.

Goalball is a sport designed for athletes navigating low vision or blindness, relying on sound, touch, and spatial awareness rather than sight. For our Year 10 Active and Able students, the incursion wasn't just about learning a new game—it was about embracing adaptability, resilience, and inclusion, lessons that extend far beyond the sporting field.

The Power of Inclusive Sport

ExSight Sports was founded by Rob Apps, whose journey with Goalball began in 1995 when a vision-impaired schoolmate competing in two Paralympic Games invited him to help improve the team's fitness and strength. This moment ignited a passion that led Rob Apps to become an assistant coach at the 1996 Atlanta Paralympics, and later, a national coach for 17 years. Wanting to share the transformative power of the sport with young people, he established ExSight Sports, bringing inclusive sporting opportunities to students across Victoria.

By learning to navigate the world as vision-impaired athletes do, our students gained a deeper appreciation for the abilities and challenges of others. More than that, they learned how small adjustments, such as clear communication, thoughtful teamwork, and adaptive approaches, can create environments where everyone feels empowered to succeed.

Inclusion Coaches for the Future

A standout aspect of this incursion was its lasting impact: our Iona students are now inclusion coaches. They are taking the lessons learned from these experiences and applying them within our school, their clubs, and the wider community, helping to ensure that sport is accessible and welcoming to all.

Reflecting on his journey, Rob Apps shared, *"I still get a fantastic buzz when students embrace the experience and throw themselves into the challenge."* His passion for fostering inclusive communities was evident throughout the session, and it has undoubtedly sparked a movement among our students.

At Iona College, we believe that sport, dedicated providers, and education have the power to change lives. Guided by our motto, *"Learning to Change the World,"* we continuously seek opportunities to foster inclusivity and empower students to make a difference. Thanks to ExSight Sports and the other providers we have worked with this semester, our students (and staff) now have the tools to build a world where ability is not defined by limitations, but by the courage to adapt, support, and include others.





Geography News



Our Senior Geography classes have been busy!

Our Year 10 Geography students undertook fieldwork along our local coast. We started at the Tower at Queenscliff Harbour, discussed longshore drift at Point Lonsdale Front Beach, counted ships (and seals) from Rip View, investigated the intertidal zone, coastal land forms, the rip and the lighthouse at Point Lonsdale, conducted an investigation into coastal management with Sally from Barwon Coast, learnt about Bukareeyoo, the indigenous name for the Ocean Grove Spit, and enjoyed the view while doing a fieldsketch from the Barwon Bluff.

Our Year 11 Geography students made their way along the Great Ocean Road to Wye River, investigating bushfire management strategies and hearing from Captain Roy Moriarty at Wye River CFA, who managed the 2015 Wye River Bushfire response. Students conducted surveys using geospatial technologies to ascertain the preparedness of this region to future bushfires.



Our Year 12 Geography students have been out collecting data in Armstrong Creek for their Unit 3 Land Use Change SAC. They conducted surveys at a range of parks, along a variety of streets and in the 2 main commercial centres. Students have also designed a survey to gather information from staff and students at Iona who live in Armstrong Creek. They will use this data along with their research to analyse the social, economic and environmental impacts of this urban development.

We've loved this practical and in-depth study!

Paula Henning
Teacher

Cello Lessons Available

We are very excited to have a specialist cello teacher starting with us at Iona College. Presently, we have 5 cellos available for lessons – they are just sitting there waiting to be played! The cello is one of the lower stringed instruments and has a lovely warm tone colour.

If you are interested in your young person having cello lessons, please contact music@iona.vic.edu.au, or your young person could come and talk to me at school. The benefits of music have been proven over and over again to enhance learning. It would be wonderful to see some students “accept the challenge”.



Don't forget to read the following article - [High School Students Do Better in Science, Math and English If They Also Take Music Lessons](#).

Jodie Townsend
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Iona Pathways Press

The 29th 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
- Metro Academy
- Work experience opportunity ~ M80 Ring Road
- Diploma of Business at RMIT
- AFL Grad Program
- News from Deakin University
 - *New Politics, Philosophy and Economics/Communication*
 - *Property and Real Estate Update*
- Difference between an Actuary and an Economist
- AMDA ~ Endeavour Scholarship
- Environmental Science Degrees in Victoria in 2025
- Meet the University of Melbourne in the Bellarine Peninsula
- Snapshot of the University of New South Wales (UNSW) in 2025

Re-opening of Horseshoe Bend Road

Construction of the final section of Horseshoe Bend Rd to the North of Iona College will be completed one week ahead of schedule, and the road reopened to traffic this Saturday (31/5). Normal afternoon school bus departures from Iona will therefore resume on Monday, June 2.

The below photo of this newly constructed section of road looks back towards Iona College and shows (in the middle) the inclusion of a new pedestrian crossing situated between Ambitious Ave / Walter St and Hilltop Dr. We strongly encourage all students (and other family members) walking or cycling to /from Iona to use this crossing if needing to traverse Horseshoe Bend Road along this section.

The temporary gravel footpath that currently extends up from this (new) pedestrian crossing to Iona College on the right-hand side of this picture will be permanently replaced in the upcoming Term 2 school holiday period.



Iona Under 15s Basketball

On Tuesday, the 27th of May, Iona College sent under-15 Girls and Boys teams to Eagle Stadium in Werribee to compete in the VSSC Basketball championships.

We came up against schools from all over the state, with the standard of basketball being extremely high. Both Boys and Girls teams were predominantly made up of Year 7 students who were often playing against some much taller opposition (particularly Bendigo!). Both teams just missed out on the finals; however, we were extremely proud of the way both teams represented Iona College.

It was great to have some parents there supporting, so thank you to those parents who made the effort to travel up the highway. Well done to Everyone who competed on the day!

Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open, and Iona College is excited to be taking part! The Challenge is open to all Victorian children from birth to Year 10 and aims to help young readers develop a lifelong love of reading.

It is not a competition; it is a personal challenge for children to read a set number of books by 5 September 2025.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books. All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

This year, the Challenge is celebrating its 20th anniversary with the theme '20 years of words and wonder' and a year of special activities. For details, follow the [Victorian Premiers' Reading Challenge Facebook](#). Since it began in 2005, more than 4.5 million young readers have taken part and together read more than 63 million books!

To read the Premier's letter to parents, view the booklist, and for more information about the Victorian Premier's Reading Challenge, visit www.vic.gov.au/premiers-reading-challenge. You can also contact our school's Challenge coordinator at Sharon.Cuthbertson@iona.vic.edu.au with any questions.

Happy reading!

Sharon Cuthbertson
Resource Assistant


Art Department News

Here's a glimpse into some of the folio explorations from our Year 12 Art Making & Exhibiting class. We're excited to see how these ideas evolve into final artworks- watch this space!







CONTOUR




CROSS CONTOUR




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HATCHING




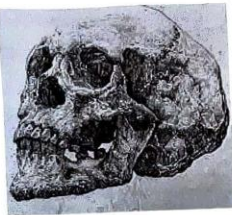
CROSS HATCHING



STIPPLING

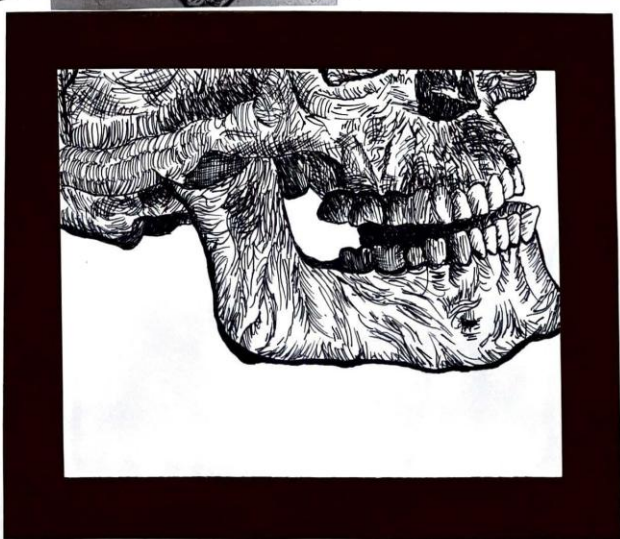


Here are a few techniques available, including contour, cross contour, pressure lines, doodled lines, hatching, cross hatching, and stippling. I also found a few artists I was interested in by Alphonso Dunn, and decided to focus and replicate one of a skull. Dunn uses hatching, cross hatching, and doodled lines to give detail to his drawings.



Alphonso uses pen to create beautiful landscapes and portraits and make his audience feel at home, nostalgic and relaxed.

This is my trial of Alphonso Dunn's drawing of a SKULL



I used mostly doodled lines and hatching to create the most amount of detail I could. I am thinking this is probably a good direction for me to go in because it's similar to things I have done in the past.

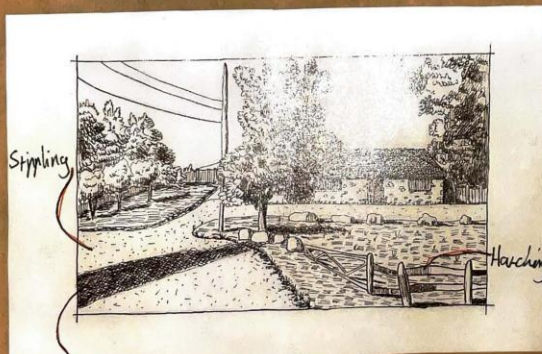
ALPHONSO = DUNN =



Alphonso Dunn is an artist, author, and instructor. He was born in Jamaica and moved to the USA when he was 17. He uses pen to create unique landscapes. Although Alphonso isn't considered a famous or well respected artist, I think he

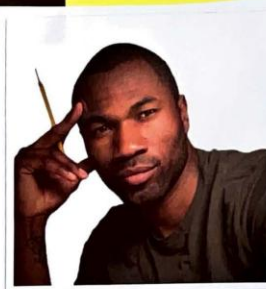
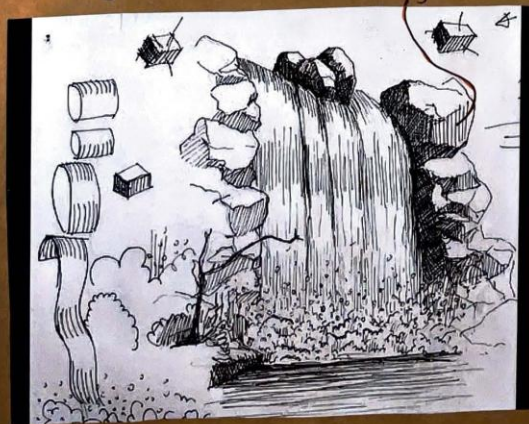
possesses the key characteristics that I would like to include in my own artworks. Alphonso uses techniques such as cross hatching, stippling, and hatching to give his pieces intricate detail and a messy flow. I love that even though the pen is a very simple medium to use in art, Alphonso is able to make beautiful landscapes, and even portraits.

ALPHONSO DUNN



Cross
Hatching

Hatching



Trialing

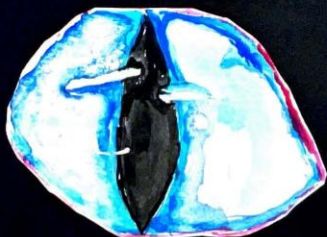
One of Dels main features in her artworks are her very distinctive eyes.
Glossy, colourful, abstract and bold is some of the ways you could describe them. Regardless of the figure she's making the eyes are always the stand out.



Trial 1.
My first step of the trial was applying all the water colour first. getting the gradients and darkness of the water colour correct before applying all the other materials. I'm happy with the shine of the eye turned out, very bold and glossy.



Trial 2.
The materials I used in these trials were water colour, fineliner, and white gel pen. The colour and abstract of the eye was different but I struggled creating the black pupil and shiny ness. If I did this again I would not paint over the white parts, leaving them blank.



Trial 3.
My last trial was an attempt at creating a snakes eye. Big bold blue colours was my favourite to work with. I attempted at placing tissues over the wet water colour to create a blotchy rough texture.



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.

Thanks for your support.

Damian, Kylie and Melissa