

**12 June 2025**

Dear Parents and Carers,

On June 9th, the Catholic Church commemorates the Irish monk and missionary Saint Columba. To become a Saint, evidence of the candidate's holiness, work and signs that people have been drawn to prayer through their example, is initially scrutinised. Later, a miracle needs to be attributed to the prayers made to the individual after their death. It takes a considerable amount of time following death to become a saint. Columba was central to the spread of Christianity in the Scottish Isles and parts of Europe. Recorded tales speak of him gaining entry into the castle of King Brude, in northern Scotland, by making the Sign of the Cross at the locked gate, which resulted in a miraculous opening involving the bolts falling from the doors. The king, awed by this powerful sign from God, welcomed Columba, listened to him speak of the Gospel and asked to be baptised! Over the next three years, Columba and his companions, despite some resistance from the native pagan Druids, found great success in spreading the Catholic faith and building up a network of churches and monasteries. Throughout his life, Columba maintained a ritual of prayer, fasting and study and pilgrims today continue to travel to the isle of Iona to pray and find wisdom in its peace and story.

This year, the Columba's Feast Day falls on the long weekend, so students and staff will celebrate and reflect on St Columba's life during Religious Education classes, throughout next week. We will celebrate St Columba as a community with Columba Day Mass on 18<sup>th</sup> September and conclude Term 3 with Columba Day festivities on 19<sup>th</sup> September.

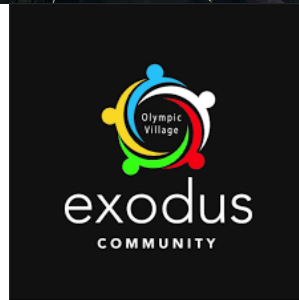


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## Prayer of St Columba

Be O Lord,  
a guiding star above me,  
a smooth path below me,  
a kindly shepherd behind me ,  
a bright flame before me;  
today, tonight and forever.  
Amen

## Year 12 Guest Speaker – Br Prout's Journey Walking from Brazil to Spain



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

Below is an excerpt from Learning Leaders Harry Ford and Annie Reimann on their reflections of the morning:

We had the privilege of hearing from Harry Prout, a Catholic Brother, during his recent visit to our school. Br Harry played a key role in establishing the Exodus Community in Melbourne, a grassroots organisation dedicated to building connection, justice and support for those on the margins of society.

During his visit, Br Harry shared powerful insights into the importance of community-based action and how small acts of service can lead to meaningful social change. His passion for social justice and lived commitment to helping others left a lasting impression on all who attended. Harry shared his strong belief that every person deserves equal opportunity, regardless of their background or circumstances. His words were inspiring, encouraging us to treat others with fairness, compassion and respect. He spoke about the values of community, service and justice, which are central to his faith and work. Harry's visit reminded us of the importance of standing up for those who are disadvantaged and making a positive difference in the world. His message left a lasting impact on all of us as we make our way to the end of our academic journeys.

We thank Br Harry for his time and for inspiring us to lead with compassion and purpose in our communities.

Georgia Lappin  
*Teacher/Assistant Learning Area (Religious Education)*

### Schools in Philanthropy - Geelong Community Foundation 25-year celebration



A group of Year 12 VCE VM students had the incredible opportunity to be a part of the Geelong Community Foundation's 25-year celebration. Iona had the chance to see different grant organisations and the option to have a chat with the Geelong Community Foundation members. It was eye-opening to see firsthand how organisations in our community rely on this support to continue their important work. It was inspiring to see so many local businesses and charities striving to make a difference in the community.

Through the SIP (Schools in Philanthropy) program, we learned about the process of reviewing grant applications and hearing about how they have started, from a small organisation to having a great support team behind them. They shared their struggles and demonstrated how the grant would benefit their organisation.

From reviewing grants to being a part of this special evening, we are so happy that this program has given businesses and charities a little extra help to make a difference. This experience has not only grown our understanding of philanthropy but also shown us the power of giving back to the community and seeing how much it has impacted these grants.

As we reflect on this incredible journey with the Geelong Community Foundation, we are grateful for the opportunity to play a role in supporting the organisations that make a difference in our community.

Charlotte, Christelle, Charlotte, Sara, Millie, Max  
*Year 12 VCE VM Students*



### **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 – the circadian rhythms system, the homeostatic system and the arousal system. When thinking about our arousal system, we have to be calm enough to sleep and associate our bed with resting.

Sometimes students will describe feeling sleepy and then becoming wide awake once they get into bed. This is usually because they have taught their body that their bed is somewhere where they are doing something mentally active or alerting, such as being on devices or ruminating. We can help by discouraging the use of devices in bed. Ideally, devices should have a bedtime around 90 minutes before bedtime. We can help by encouraging our young people to have a place to worry which isn't their bed, and having worry time well before bedtime.

It can also be hard to get into a sleep mindset at the end of the day. A good habit to get into is having a wind-down routine an hour or two before bedtime. A wind-down routine is something that you find pleasant, and that isn't too interesting or exciting, so you can stop when it is time to go to bed. It is good to have a few activities to choose from. Wind-down mode signals to your body that it is time to get out of active or problem-solving mode. When you are in wind-down mode, it is easier to notice when you are having cues of sleepiness and go to bed at a time which is good for you.

### **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*



## Music Department News



### Autumn Soiree

What a concert full of 'winter' warmth we had at the recent *Autumn Soiree*. Nearly 50 students performed on the evening over two concerts. It is really pleasing to see 'first timers' performing and also the progress of others. Thank you to all of these performers for sharing their music with us. A special thank you to Max Dawe, Carter, Joseph and Angus who all helped out on the night.





### Donations for “Charlie and the Chocolate Factory”



We are currently looking for donations of the following for the musical “Charlie and the Chocolate Factory”. If you have any of these things and could donate them, we would be most grateful:

- Cooking utensils (whisks, tongues, spatula, rolling pin, masher)
- Old phones
- “open sign” neon with remote control
- Vines (fake plant vines)
- Coat hangers
- Drop sheets for painting
- Paint brushes – small rollers and paint trays
- Over-the-ear headphones (do not need to work) – gaming style, one pair needed
- Pillow cases x4 (old grotty colours)
- Old hand knitted blanket
- LED candle x1 (that works and tallish)

Please note that these items would not be returned. If you have anything, students can bring these to Lottie Noller in the Level A office.

Jodie Townsend  
*Teacher / Head of Performing Arts*



### AFL Blind Incursion Inspires and Engages Students from the Year 10 Active and Able Class

Last week, our students were treated to a unique and inspiring experience thanks to Travis Zimmer, an Inclusion Coach from Sport4ALL, who led an engaging AFL Blind incursion.

Travis shared the fascinating story of how AFL Blind came to be, a sport designed to make Australian Rules Football accessible to individuals with vision impairment. He spoke passionately about the challenges faced by players, the adaptations made to the game, and the incredible thrill and sense of community that comes with playing AFL Blind.

Students were then invited to participate in a series of small group skills and drill activities. Travis moved between groups, coaching and encouraging students to develop the fundamental skills needed to play a modified version of the game. His energy, inclusivity, and hands-on approach ensured that every student felt supported and involved.

The students from our *Active and Able* class particularly enjoyed listening to Travis's stories and learning from his experiences. It was a fantastic opportunity for them to apply what they've been learning in class to a real-world situation and an adaptive version of a sport we all know and love. At Iona, we are constantly looking for ways to build a culture of inclusivity and create opportunities for all students. This incursion was a powerful reminder of how sport can be adapted to include everyone....and how much we all gain when we do.

A big thank you to Travis and Sport4ALL for bringing this opportunity to our school and for inspiring our students to think differently about ability, inclusion and the power of sport.





Gina Oliver  
Teacher / Year 9 NCCD Case Manager



### Iona Pathways Press

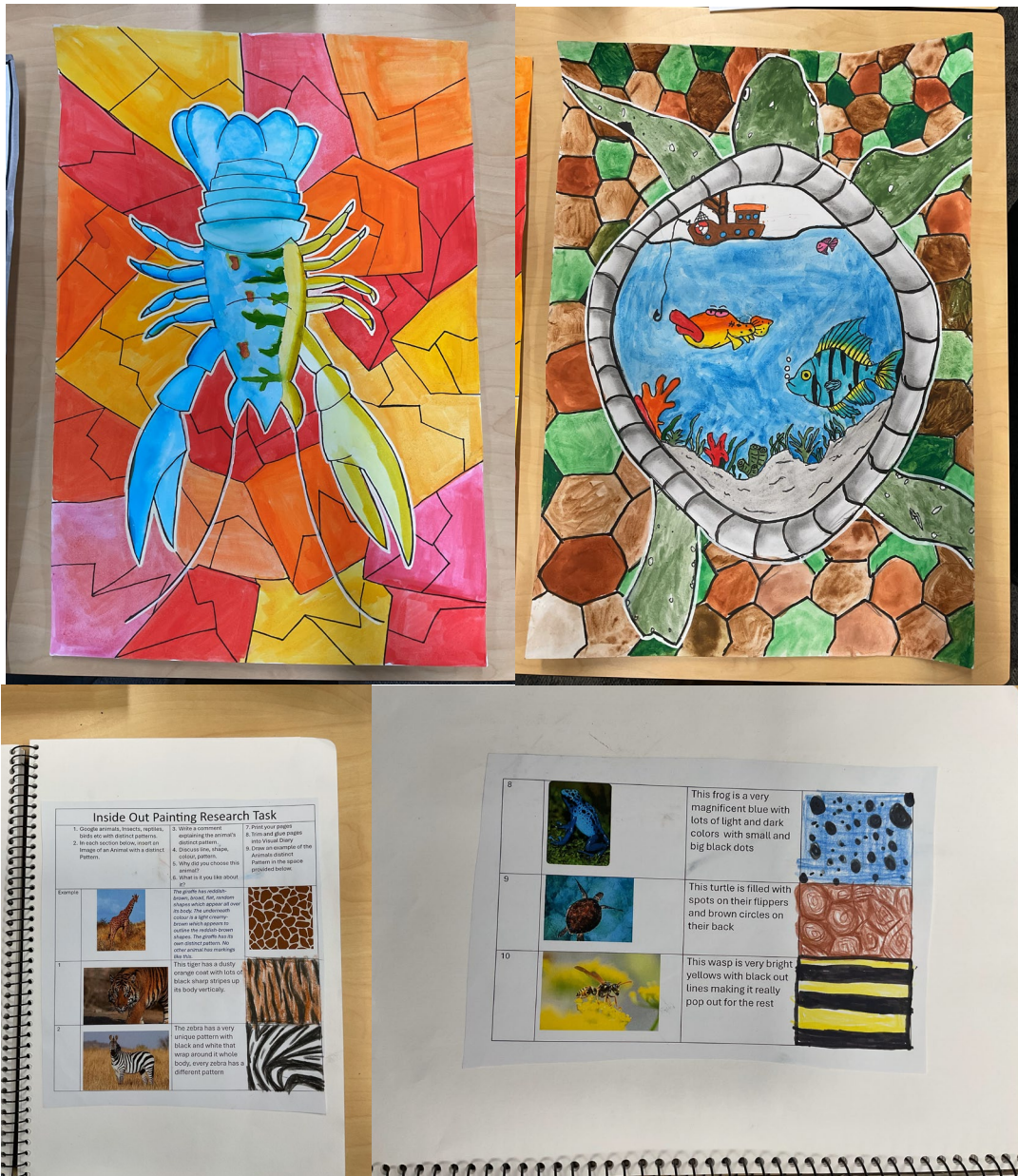
The 5<sup>th</sup> June edition of the Iona Pathways Press [can be found here](#).  
In this edition, you will find information about:

- Dates to Diarise in Term 2
- Dates to Diarise in Term 3
- Melbourne Career Expo 2025
- Studying Marine Science at Deakin University
- Talk & Tours at Box Hill Institute THIS week
- Tech & Trades Experience Day 2025 at RMIT
- Zoos Victoria Careers Expo 2025
- Sports Degrees at Holmesglen Institute
- Trade and Tech Fit Expo
- Travel GAP Year
- Film & Television Courses in Victoria in 2025
- Snapshot of The University of Otago (New Zealand) in 2025

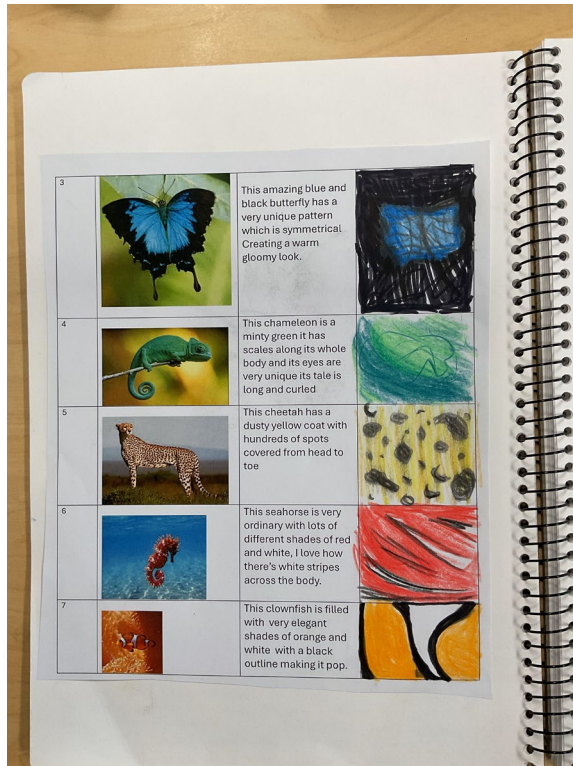
### Art Department News

The Year 7 Art students have been busy creating their 'Inside Out' paintings. Students have selected an animal with a distinct pattern, flipping their natural environments and habitat to be depicted within the body and painting the animal features around. These watercolour artworks have shown amazing creativity and imagination.











## 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 this Monday, 9 June, is the King's Birthday Public Holiday. We look forward to welcoming students back on site on Tuesday, 10 June.

Thanks for your support.

Damian, Kylie and Melissa