

**19 June 2025**

Dear Parents and Carers,

Tomorrow, we celebrate World Refugee Day, an international day designated by the United Nations to honour refugees around the globe. It is a time to recognise the strength and resilience of those forced to flee their home countries due to conflict or persecution.

The theme for 2025, Finding Freedom: Diversity in Community, highlights the importance of inclusive and supportive communities in helping refugees rebuild their lives. Conflict, war, and violence remain the primary reasons people seek asylum or refugee status in other countries. With this in mind, it is fitting that we take time to reflect on the many people enduring war, conflict, and violence in their homelands today. We pray for peace and stability in these regions.

A practical way the Iona community can support refugees and asylum seekers in our region is by donating to the Asylum Seeker Food Bank @ The Welcome Place. Donations will be collected over the next two weeks during community group time. If you are able to contribute, please refer to the list of suggested goods [via the following link](#).

God of all people,  
you delight in the diversity of our world.  
Help us to be like you, and welcome the stranger among us.  
Let's celebrate the diversity and inclusion of our community. Our differences  
make us stronger, more united, and more capable of facing challenges.  
In a welcoming community, we are able to solve problems together,  
raise our voices, feel personally safe and empower each other to pursue our dreams.  
Amen

Yesterday, 308 Year 7 students and 45 staff headed off to Philip Island Adventure Resort for Year 7 camp. Staff have reported that although it's a bit chilly, they are having a wonderful time. Opportunities such as camp are a fantastic way to learn and grow as a community. We look forward to learning how the students and staff display the college values- showing compassion in their interactions with each other, courage, as they learn outside of their comfort zones, leadership in the way they work together and excellence as they approach each activity with their best mindset.

We are looking forward to hearing more about their adventures when they return tomorrow.

### General Achievement Test - GAT

This week, we had our first full year-level General Achievement Test (GAT). The day went so smoothly, and we were so proud of our amazing students who approached the day with maturity and focus!

A big thank you to our wonderful parent volunteers who helped with the BBQ for our students in between the two parts of the GAT. It was a welcome interlude for our students, and we are so thankful for you taking the time to support them.

We also want to thank all our staff who worked tirelessly to make the day such a success.



### The 2025 Geelong Youth Awards Are Now Open.

The 2025 Geelong Youth Awards are now open, with nominations open from Monday, 16 June to Sunday, 20 July.

These awards are a fantastic opportunity to recognise and celebrate young people who are making, or have made, meaningful contributions in areas such as leadership, innovation, cultural awareness, community service, sport, arts, music, and youth development. We're keen to hear from you about the peers you believe deserve this recognition. The community plays a key role in shaping this year's awards by sharing the stories of inspiring young people. Your involvement helps ensure the awards reflect the lived experiences, values, and priorities of our region by recognising those who are making a genuine impact.

To nominate, please [click on the following link](#).

# GEELONG **20** **YOUTH** **25** **AWARDS**



CITY OF GREATER   
**GEELONG**

Sam Wood  
*Head of Student Voice and Agency*



### **Sleep Wellbeing, Weekly Grab**

At Iona College, 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. Many of our young people have trouble getting up for school, and some of us may also have difficulty getting up in the morning! Getting up at around the same time is really helpful for our sleep system to do with circadian rhythms. There are things we can do to help.

#### **Having Trouble Getting Up for School? Try These Tips:**

- Use different alarms and even other people to help you wake up.
- Once you are awake, swing your legs over the side of the bed and put your feet on the floor.
- Expose yourself to lots of light. Light helps give cues to your body that it is time to wake up. Turn on the lights and open the blinds or curtains.
- Get moving. This helps your alertness and is also another cue to your body that it is time to wake up.
- Have a shower. This again will help you wake up.
- Remind yourself that the more you stick to a regular get-up time, the easier it gets.

#### **Helpful Apps:**

[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*

### Parent/Carer Evening Invitation

Geelong Lutheran College has kindly invited our community to a special Parent Evening with Andrew Fuller, world-renowned clinical psychologist. He will present on: 'Biohacking Learning - Unlocking Your Child's Genius'.

If you're interested in attending, please book your tickets [via the following link](#).



GEELONG  
LUTHERAN  
COLLEGE

PRESENTS

# A Parent Evening with Andrew Fuller

*"Biohacking Learning - unlocking your child's genius"*


## Thursday 3 July | 7 - 8pm

Geelong Lutheran College | Armstrong Creek Campus

Join world renown clinical psychologist and family therapist Andrew Fuller for a practical and engaging session on how kids' and teens' brains learn—this session will give you knowledge to support your child's growth in all aspects of life.

Using the latest research in learning and brain development, Andrew will share simple, effective ways to help your child become a more confident and capable learner.

This one-off event is designed for all families and will leave you feeling empowered to support your child's success.




ANDREW FULLER ANDREW FULLER

**UNLOCKING YOUR CHILD'S GENIUS**  
How to build your child's learning strengths

**Tricky Teens & Emerging Adults**  
A survival guide for parents

[www.andrewfuller.com.au](http://www.andrewfuller.com.au)

**Tickets: \$15**  
Book via link or QR code  
[www.trybooking.com/DCJZZ](http://www.trybooking.com/DCJZZ)



**Geelong Lutheran College**  
Armstrong Creek Campus  
2-38 Burvilles Road  
Armstrong Creek 3217

### Duke of Ed – Double Bronze!



It is wonderful to see that two of our students have completed their Bronze Duke of Edinburgh Award this year. Congratulations to Kezia and Georgia on applying and committing to the completion of this award.

To complete the award, both Kezia and Georgia had to do the following as extracurricular activities in four areas:

- Physical Recreation (3 months of regular participation)
- Skills (3 months of regular participation)
- Voluntary Service (3 months of regular participation)
- Adventurous Journey (2 days + 1 night)

They also had to choose to do an extra 3 months in either Physical Recreation, Skills or Voluntary Service. Congratulations to both students on the dedication shown to complete this award.

If you want more information on the Duke of Ed, take a look [at the following link](#). Brochures can be picked up from the Level A office.

Jodie Townsend

## Music Department News

### How do music lessons enhance decision-making?

Often it is hard to see the benefits of music lessons when we are “in the journey”, but for every term/year of music lessons, there are ‘non-musical’ benefits that will enhance other areas of a young person’s life. This is true for those who practice 7 times a week, those who might only fit 1 or 2 practices in a week, sing in the choir, play in a band.... any music making builds neural pathways in the brain that enhance so much more than just ‘music making’.

So, this is not just an instrument.....

## THIS IS NOT JUST A MUSICAL INSTRUMENT.

### This is also a tool for divergent thinking.

Playing music trains the brain to think in multiple directions at once.

Musicians must interpret notes, adjust timing, and express emotions—all in real time.

This strengthens divergent thinking, the ability to generate new ideas, explore different possibilities, and approach challenges from multiple angles.

Children who develop this skill are better at creative problem-solving and innovation.

### It will improve your ability to see multiple solutions to a problem.

Music teaches children that there isn't always just one right answer.

Whether experimenting with different ways to play a passage or improvising in a performance, they learn to adapt, explore alternatives, and think flexibly.

This ability to see multiple solutions is crucial for subjects like math, science, and writing, where creativity plays a key role in problem-solving.

### This will help you solve more problems more often.

Divergent thinking isn't just about creativity—it's about finding solutions more quickly and effectively.

Musicians train their brains to recognise patterns, make fast adjustments, and persist through challenges, all of which improve problem-solving skills in everyday life.

Whether tackling a tricky math problem, resolving a disagreement, or brainstorming new ideas, children who learn music develop the confidence to approach problems with curiosity and persistence.



Watch [this short clip discussing](#) music and decision-making.

Jodie Townsend  
*Head of Performing Arts*

## My Journey as a Youth Conservation Leader - A Student Reflection



This year, I was lucky enough to be part of the Zoos Victoria Youth Conservation Leaders Program, and it's honestly been one of the best things I've ever done. I've always loved animals, but this program opened my eyes to how much is actually being done – and still needs to be done – to protect them, especially here in Victoria.



One of the main focuses of the program was the Leadbeater's Possum, which I learned is Victoria's state animal and is critically endangered. They're tiny, really fast, and live up in the mountain ash forests. Sadly, their habitat is being destroyed by logging and bushfires and introduced animals such as cats and foxes, which puts them at serious risk. Learning about them made me want to take action, not just for them, but for all wildlife.

We got to go on some amazing 3-day camps where we did team-building activities and learned about local conservation efforts. One of the best parts was going on night walks and spotlighting (where we were luckily enough to see some Leadbeater's possums in the wild). We also visited Healesville Sanctuary and got to go behind the scenes to see how they care for injured and threatened animals, and planted trees to help build habitats at Haining Farm, which is not far from Healesville Sanctuary. It was so cool to be out in nature, doing something real and meaningful.



On the second camp, we worked in groups on projects all about the conservation of the Leadbeater's Possum. Each group focused on different ways to protect their habitat and raise awareness about the threats they face. The groups we were in focused on one group of people in the Don Valley area, such as the general community, cat owners, local schools, the traditional owners and parks, Vic volunteers at Haining Farm. We also explored the reforestation work being done on the farm and came up with ideas to help support the possums. It was really hands-on and gave us a better understanding of how much effort goes into saving a species. Working as a team made it fun, and we were all doing something important for the possums.

Being part of this program has made me feel more confident, connected, and inspired to help make a difference. I've met so many passionate people and made many friendships through this program with like-minded people who care deeply about animals and the environment, and it made me realise that we all have a role to play, even as teenagers.

If you get the chance to apply next year, go for it. It's an experience I'll never forget.

Lilly Clark,  
*Year 9 Student*

### Iona Pathways Press

The 20<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
- Federation University Walk & Talk Tours in the July Holidays
- What can I do with an Arts Degree?
- Deakin Guarantee ATAR
- News from Victoria University
  - The VU Block Model
  - Bachelor of Dermal Sciences
- Career as a Train Driver
- Studying Business or Commerce at La Trobe University
- Monash Information Session in Geelong
- Meet Melbourne Bellarine Peninsula
- ADFA Open Day
- Collarts Winter holiday Workshops
- Collarts Course competitions
- Graphic, Fine Arts, Interior & Visual Design Degrees in Victoria in 2025
- Snapshot of Victoria University (VU) in 2025

### Art Department News

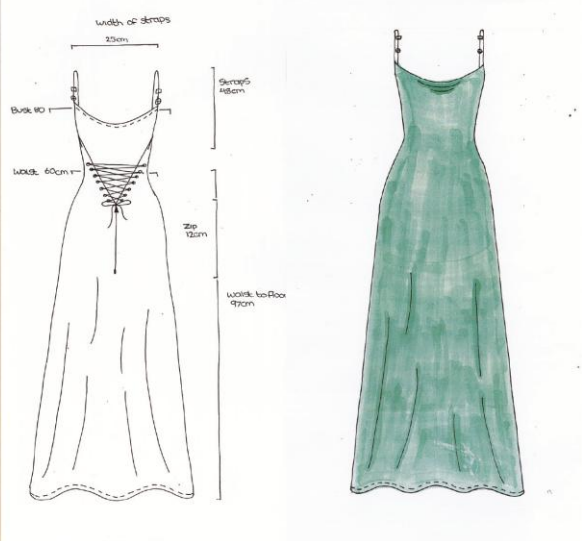
The VCE Product Design (Non-Resistant) students have completed their Unit 1 assessment. Working collaboratively and in teams, they have designed and produced interchangeable formal wear garments for an end user group. With a focus on sustainability, students interviewed and conducted surveys to determine opportunities for improvement within their specified user group. They were required to create a folio of research, idea development, and adapt and modify patterns to create a product that addresses and evaluates the feedback from their end user group.

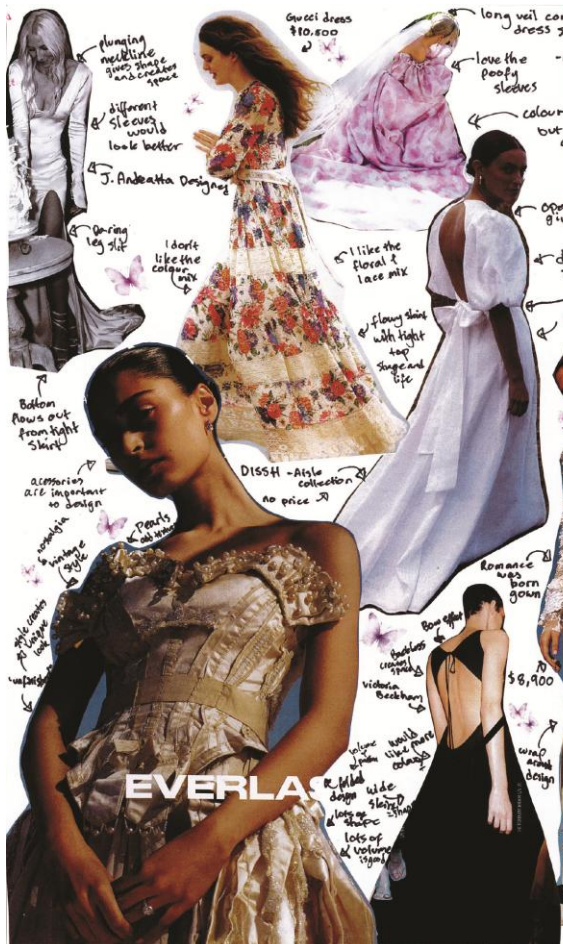
We are so proud of the incredible effort our students put into this assessment and the amazing garments they produced!

Design Options

Belt top and fish bell bottoms

flared trousers and corset







## 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