

26 June 2025

Dear Parents and Carers,

This week, we welcome back our Year 7 students and staff after a very successful camp at Philip Island Adventure Resort. It was wonderful to hear about students challenging themselves and supporting each other as they navigated through some of the more demanding activities. A highlight was learning about the new friendships created and the existing friendships strengthened. Camps take a lot of organisation, however, the experiences are so worthwhile, often transformative. With this in mind, we acknowledge the hard-working staff who facilitated the camp and supported the students throughout this experience, particularly the Wellbeing Leaders, Justine Fitzpatrick, Jesse Sutton and Nick Critchell. They were ably assisted by the caring Community Group teachers and other Year 7 staff who looked after the students while they were away. Our sincere thanks for providing the Year 7 students with this memorable experience.

Just as we welcome one group back, we have two groups of intrepid travellers leaving for their own adventures beginning this weekend. We have a group of 31 students and 5 staff members leaving for a cultural immersion in Indonesia. Sincere gratitude to Anna Roberts, Craig Durran, Peyton Griener, Molly Morris and Lauren Jack for organising and guiding our students on this wonderful experience.

The second group of 40 students and 4 staff are lucky to be going to Central Australia, their final destination being Uluru. Within this program, there are many opportunities to learn more about First Peoples' Culture and visit sites with profound sacred and cultural significance. We extend our best wishes to staff members Sarah Elmer, Nick Haintz, Ned Aulsebrook, and Lucy Were as they embark on their travels. Our gratitude for all the work you have done in preparing the students for this experience goes with you.

*May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face,
The rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of His hand.*

End of Term Assembly - Formal Uniform Reminder

Please be reminded that our Whole School End of Term Assembly will be held on Friday, 4 July. All students are required to wear full formal uniform for this occasion. Now is a great time to check that blazers and other uniform items are ready and still fit comfortably. Thank you for helping us uphold our uniform expectations as we close out the term together.

Asylum Seeker Food Bank @ The Welcome Place

Last week, we celebrated Refugee Week, and with the unrest happening in parts of the world at present, the vulnerability of people living in war-affected places is ever apparent. We can do a small action to ease the pressure on refugees and asylum seekers living in the Geelong region by donating to the Asylum Seeker Food Bank. We are collecting items from [the following list](#) until Friday, 4th July.

If you're in a position to help, please consider donating one or more items as a gesture of hospitality and welcome to some of the more vulnerable members of the Geelong community.

Hot drinks for Vinnies- pre-order Today

With winter well and truly here, the Culture, Identity, and Justice Team have organised the sale of hot drinks from the cottage. This is to help raise money in support of the St Vincent de Paul Society, a cause that helps people experiencing homelessness and hardship. Years 7-10 had the opportunity to preorder their hot chocolates through the canteen portal today. Drinks will be delivered to their classrooms during the last week of term, on the designated days below. Year 11/12s can buy hot chocolates or coffees during lunch directly from the cottage.

- Year 7: Monday 30th June (hot chocolate only)
- Year 8: Tuesday 1st July (hot chocolate only)
- Year 9/10: Wednesday 2nd July (hot chocolate only)
- Year 11/12: Thursday 3rd July – lunchtime

September Holiday Trial Exams – Unit 3 & 4 2025 Students

As we approach Semester 2, a reminder that all Year 12 VCE students and Year 10 and 11 students who study a Unit 3 + 4 subject this year are expected to sit trial exams for each of their VCE subjects (not VM students) in the first four days of the September holidays (Mon 22nd September – Thu 25th September).

Your young person will receive their individualised September Holiday Trial Exam timetable next week in their Community Group for planning purposes.

Students are to make their own way in and out of the College for these trial exams, depending on their specific timetable, as school buses do not run outside of school terms. If a student has more than one exam on any of the four trial exam days, there will be a supervised space provided for them to study in between their exams. Students are to bring their own food for such breaks and may wear casual clothes for the trial exam period.

The VCAA Exams contribute up to 66% of a student's Study Score for each of their subjects and thus, the experience of sitting a timed trial exam, with external supervisors and often, external VCAA assessors employed by the College to correct exams, is one of the most valuable experiences they will have in their Unit 3 and 4 program. Students will receive detailed feedback on these trial exams to use for revision in the lead up to their official Unit 3 and 4 VCAA Exams.

If you have any questions about this process, please contact Kate McLaren, kate.mclaren@iona.vic.edu.au (Head of Learning and Innovation), or Anthea Sholl, anthea.sholl@iona.vic.edu.au (VCE Coordinator).

Kate McLaren
Head of Learning and Innovation

Success at the Science and Engineering Challenge

A group of our talented Year 9 and 10 students recently achieved first place at the Science and Engineering Challenge held at Deakin University.

This national STEM competition brings together schools from across the region to compete in a series of hands-on design and engineering tasks. Our students embraced the challenge with energy and creativity, demonstrating impressive collaboration and problem-solving skills throughout the day.

A special congratulations to Year 10 students Nora, Amelia and Helaina, who also received the top award for their EcoHabitech design, a project that captured the attention of the judging panel.

Congratulations to all involved on a fantastic result and an excellent day of learning and achievement.





Elite-Level Fitness Testing Comes to Iona College – A Student Reflection

On Tuesday, 10th June, our Year 12 Physical Education students had the exciting opportunity to take part in elite-level laboratory fitness testing right here at school. In collaboration with METS Performance Consulting, the 90-minute incursion featured two advanced physiological assessments: the VO₂ Max test and the Wingate Anaerobic Capacity test.

Led by exercise scientist Nick Jankovskis, the session brought specialised equipment and expert analysis directly into the classroom. One student bravely completed the VO₂ Max/lactate test live, giving the class a first-hand look at how aerobic power and lactate thresholds are measured. This was followed by a demonstration of the Wingate test, highlighting anaerobic capacity and fatigue.

The session reinforced Key Knowledge from the VCE PE Study Design, including acute responses, energy systems, fatigue, recovery, training principles, and performance enhancement. Closely aligned with Units 3 and 4, it also provided valuable primary data for upcoming SACs, helping students bring theory to life in a highly engaging, real-world context.





Kristen Lechte

Teacher

College Leader 2026 Applications Open

It's that time of year when we start thinking about the next exciting chapter in Iona's journey. Applications for our College Leaders are now open. If your young person is interested in applying to be a Year 12 College Leader, please encourage them to apply.

8 College Leaders from Year 12 who represent the Portfolios – Wellbeing, Learning, Culture & Identity, Sport, will be elected.

It is expected that the College Leaders will:

- Have a clear understanding of and be able to demonstrate the Iona College values of Compassion, Courage, Leadership and Excellence.
- Demonstrate a sense of responsibility, a positive cooperative spirit and a willingness to show an unselfish service to others.
- Work with staff such as the Principal, Deputy Principals, Head of Culture and Identity, Heads of Learning and Innovation, Heads of Learning, Year Level Wellbeing Leaders, Head of Student Voice and Agency and Staff in planning and maintaining a vision for the College.
- Lead student meetings to develop a strong sense of community through positive interactions with representatives from all year levels throughout the school. They should be able to motivate and involve others, as well as being able to delegate effectively.
- Have a demonstrated record of involvement in school activities and be involved in the organisation of whole school activities throughout the year.
- Be willing to accept challenges and carry them out.
- Follow school rules and be able to lead by the example of their own participation in school activities.
- Be able to communicate well with teachers, members of the public, other college leaders and students.
- Have skill and confidence in preparing speeches and speaking publicly.
- Be punctual, well-organised and use time effectively.
- Be able to effectively balance study and the demands of being a College Leader.

Applications can be made via the [following link](#). Please note that only Iona students are able to access this form through their school account.

Sam Wood
Head of Student Voice and Agency

Year 12 Guest Speaker – A Student Reflection

Last Friday, our Year 12 cohort had the privilege of hearing Paulie and Fiona Stewart discuss their life's journey and how they were able to demonstrate the College value of excellence.

Here is an excerpt from Culture and Identity Leader, Archer Westthorpe, on his reflections of the morning:

On Friday, June 20, our Year 12 students were lucky enough to have guest speakers Paulie Stewart and Fiona, from the Dili Allstars and Painters and Dockers, come in to speak with us. Both Paulie and Fiona shared some of the amazing opportunities they've experienced within their lives, specifically regarding their music careers. Paulie also made specific mention of the opportunity of having significant involvement with the community of Timor-Leste.

Paulie and Fiona both spoke about many of the difficulties they faced throughout their lives, from family hardships and their own personal battles. They were able to honestly explain how they coped and dealt with those issues, reflecting on the impact that those struggles had on their lives. Paulie and Fiona emphasised how those struggles aided their own development of a new perspective on life. Further, they highlighted how whilst these struggles at the time seemed tough for both of them, through perseverance, determination, and resilience, they were able to push through and find their own success in life and the ability to keep moving forward.



To finish the session, a few of our musically talented students were given the opportunity to perform with Paulie and Fiona in front of the cohort, whilst the class of 2025 joined in with vocals.

Thank you to both Paulie and Fiona for taking the time to speak with the year 12s, particularly in a time when resilience, perseverance and determination are key in such a challenging time for us all.

Archer Westthorpe
Year 12 Student, Culture and Identity College Leader



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. Many of our young people have trouble getting up for school, and some of us may also have trouble 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? Choose a Regular Time to Wake Up and Get Out of Bed.

Many people can get into the habit of having different bedtimes on school weekdays and different bedtimes on the weekends and holidays. This makes it hard for your body's sleep clock (circadian rhythms) to work properly. It can also make it harder for you to concentrate, be calm and feel relaxed and happy. If you choose a regular time to wake up and get out of bed, that doesn't change much between weekdays and weekends, it is so much easier for your body to help you sleep well. It also means you will get sleepy around the same time each night, which makes it easier to get up in the morning.

[Doze App](#) for our teenagers

[Insomnia Coach](#) for adults

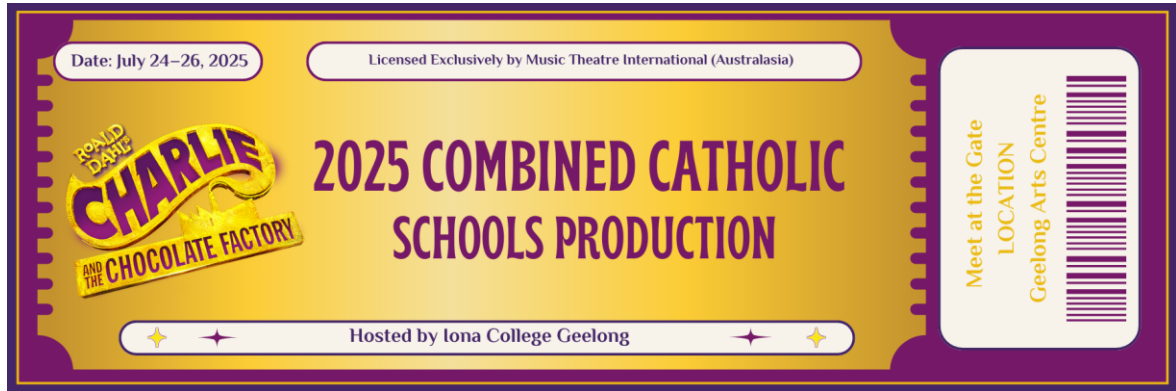
[Separating out sleepiness from insomnia:](#)

[Useful resources for young people](#)

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

Marisa Lavars
College Psychologist

Limited Tickets to *Charlie and the Chocolate Factory* Tickets Available!



We're so excited to be in the final stages of preparation for the Combined Catholic Schools Musical – Roald Dahl's *Charlie and the Chocolate Factory*. Staff and students have been busily preparing the amazing sets while also dedicating countless hours to rehearsals. We've been so impressed by their commitment and teamwork.

This production brings together students from St Joseph's College, Clonard College and Sacred Heart College, including many of our talented Iona performers.

Limited Tickets are still available – we encourage families to come along and support our students. It's a wonderful opportunity to celebrate the amazing effort that has gone into this production.

Performance dates: 24 July – 26 July

Tickets: Available via [the following link](#).

We're looking forward to seeing you there.

Jodie Townsend
Head of Performing Arts

[Pathways Team – Calling Work Experience Hosts](#)

Can you support a student with Work Experience?

On behalf of the Iona College Careers and Pathways Team, we'd like to reach out to our wider Iona community with a special invitation, one that can have a meaningful impact on the future of our young people.

We are currently seeking local employers, business owners, and professionals who are willing to host a student for work experience.

Work experience is a vital part of preparing our Year 10 and 11 students for life beyond school. It helps them explore career interests, gain workplace confidence, and build valuable employability skills. Whether you work in construction, hospitality, admin, education, trades, health care, retail or beyond, your knowledge and time could inspire a student's future pathway.

Here's how you can help:

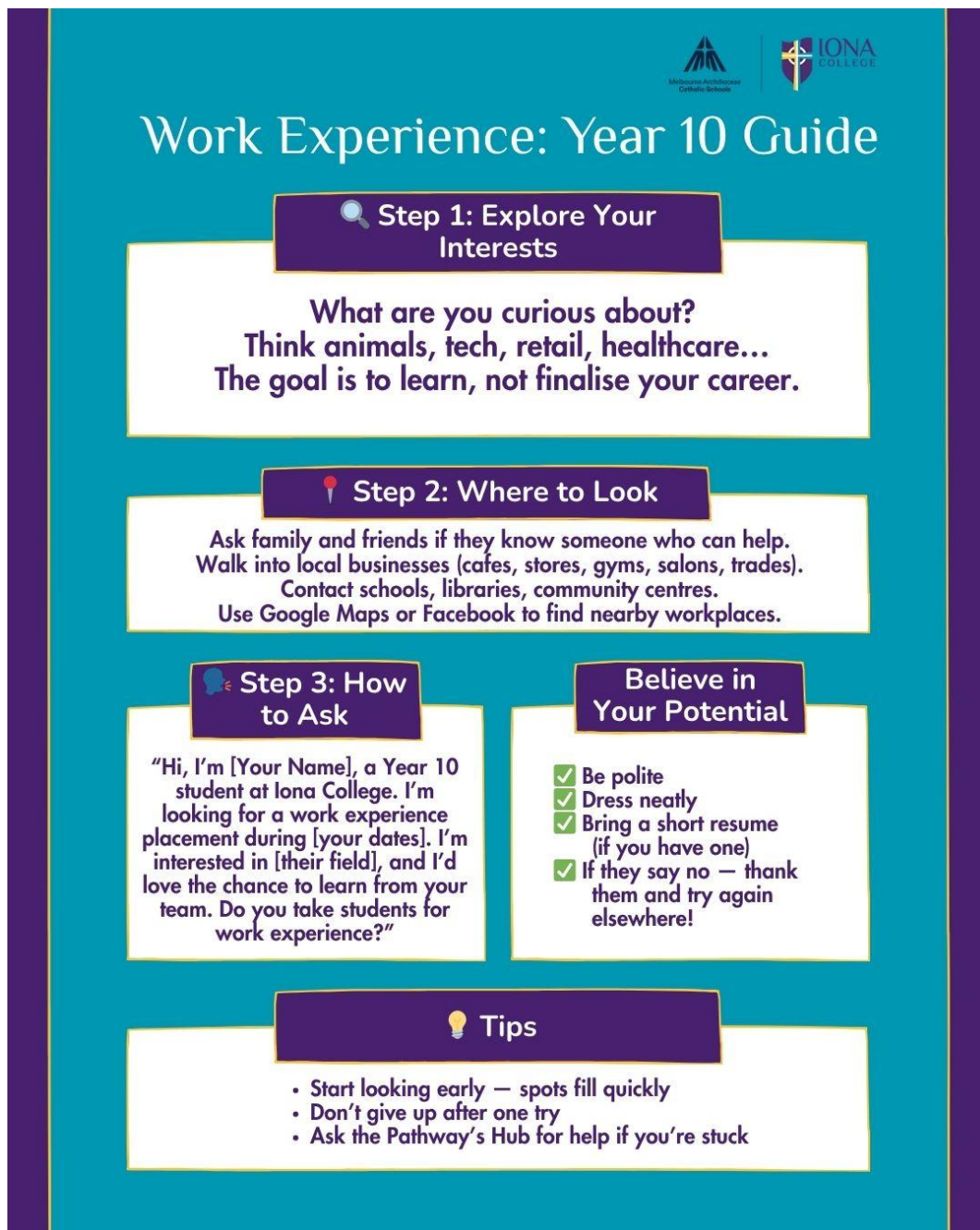
1. **Host a student** for a placement – it can be a few days or a full week.
2. **We handle the paperwork!** Iona College will organise all required insurance and documentation.
3. **You'll be supported.** We stay in touch throughout the placement to ensure it runs smoothly.
4. **Make a difference.** You'll be shaping the next generation and possibly discovering future talent!

We've included some photos from recent placements to show just how impactful and enjoyable the experience can be for both students and hosts.



Know someone who might be interested? Please pass this on or send it our way!
For more information or to express interest, please contact the Pathways Team at Iona College:
pathways@iona.vic.edu.au

Do you have a Year 10 Student who is keen on doing Work Experience? Here's a guide for them to follow:



The poster is titled "Work Experience: Year 10 Guide" and features the Iona College and Catholic Schools logos. It is divided into several sections with icons: a magnifying glass for Step 1, a location pin for Step 2, a speech bubble for Step 3, a lightbulb for Tips, and a checkmark for "Believe in Your Potential".

Work Experience: Year 10 Guide

Step 1: Explore Your Interests

What are you curious about?
Think animals, tech, retail, healthcare...
The goal is to learn, not finalise your career.

Step 2: Where to Look

Ask family and friends if they know someone who can help.
Walk into local businesses (cafes, stores, gyms, salons, trades).
Contact schools, libraries, community centres.
Use Google Maps or Facebook to find nearby workplaces.

Step 3: How to Ask

"Hi, I'm [Your Name], a Year 10 student at Iona College. I'm looking for a work experience placement during [your dates]. I'm interested in [their field], and I'd love the chance to learn from your team. Do you take students for work experience?"

Believe in Your Potential

- ✓ Be polite
- ✓ Dress neatly
- ✓ Bring a short resume (if you have one)
- ✓ If they say no — thank them and try again elsewhere!

Tips

- Start looking early — spots fill quickly
- Don't give up after one try
- Ask the Pathway's Hub for help if you're stuck

Thank you for your ongoing support of our students and for helping them take their first steps into the world of work.

Iona Pathways Press

The 26th June edition of the Iona Pathways Press [can be found here](#).
In this edition, you will find information about:

- Dates to Diarise in Term 3
- Melbourne Career Expo 2025
- Monash University - July Holiday Events
 - Business Explorer
 - Monash Science Precinct Tours 2025
 - Monash Experience Days
- William Angliss Institute's 'Patisserie Experience Day'
- Deakin Guarantee ATAR
- Meet Melbourne Bellarine Peninsula
- Career in the Australian Border Force (ABF)
- ADFA Open Day
- Monash Information Session in Geelong
- Jetstar Engineering Apprenticeship Program
- Civil Engineering Degrees in Victoria in 2025
- Electrical Engineering Degrees in Victoria in 2025
- Mechanical Engineering Degrees in Victoria in 2025
- Snapshot of The University of Melbourne (UoM) in 2025

Art Department News

The VCE Visual Communication Design students have completed their Unit 1 Assessments. They were required to rebrand a company, product name, and logo for a juicer design, as well as produce a final product poster or brochure. Circular design practices were included in their final designs with ethical and sustainable considerations. Check out these innovative object design outcomes.



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Customer Reviews:

- ★★★★★ I really like the cow design and how it works, the way you just have to push down on the handle
- ★★★★★ Interesting and quirky design
Easy to hold handle
Easy to turn top for people with weakened mobility more than one function making it useful
- ★★★★★ It is very creative and easy to use hence the name :)

SABINE CHAPPELL
UNIT 1
VISUAL COMMUNICATION



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 Assembly (Formal Uniform)
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.

Office Hours – End of Term Reminder

Please note that the Iona College office will close at 3:00 pm on Thursday, 4 July, following the early finish for students at 2:05 pm. The office will remain open during the first week of the school holidays and will be closed during the second week.

Thanks for your support.

Damian, Kylie and Melissa