

**24 July 2025**

Dear Parents and Carers,

Welcome back to Term 3. We hope students, staff and families enjoyed some time to relax and recharge over the holidays, ready for the exciting opportunities that Term 3 presents. This is an especially important time for our Year 12 students, as this is their final full term of formal education at Iona College. The Year 12s demonstrate leadership in so many ways in our community, so it is fitting that our focus for the term is leadership, inspired by the patron of MacKillop House, Mary Mackillop.

Mary MacKillop was a woman truly ahead of her time, always pragmatic and down to earth. She wasn't afraid to question authority when justice and charity required it." The Catholic Leader, 2009

On 19 January 2025, we celebrated the 30th anniversary of Saint Mary MacKillop's Beatification – a significant milestone that highlights Mary's enduring legacy as Australia's first saint.

Beatified on 19 January 1995, by Pope John Paul II, Mary MacKillop was recognised for her profound faith, compassion, and tireless dedication to education. We celebrate the feast day of Mary MacKillop on 8<sup>th</sup> August. As co-founder of the Sisters of Saint Joseph, Mary established schools across Australia for the most marginalised young people, and she played an important role in establishing universal education across Australia.

We hope that we, as the Iona community, are challenged by the example of Mary Mackillop to be just leaders, making a difference in the lives of those we serve.

God of all pilgrim people,  
you raise up people to meet the needs of every age. In Mary MacKillop, we celebrate a journey of deep love and sensitivity to your will. Like her, may we learn to grow in appreciation of the fullness of your love and the depth of your mystery. Help us to transform the ordinariness of our lives as we reach out to others through the daily challenges of our journey towards you. Amen.

### **Asylum Seeker Food Bank @The Welcome Place – Thank You!**

Thank you for all the donations to the Asylum Seeker Food Bank. We were overwhelmed by the generosity of the Iona Community. Student representatives from the Culture and Identity group will present these donations to The Welcome Place at Wesley Church on our behalf. Your actions will make a difference to this vulnerable community.

### **Hot Drink for Vinnies**

Congratulations to the Year 11 & 12 students from the Culture and Identity who organised the hot drinks for Vinnies, in support of the local St Vincent De Paul society. Students really enjoyed this treat from our cottage cafe, while also learning more about the work Vinnies does with individuals experiencing homelessness. A special thanks to Ms Dezdjek, Mrs Wearmouth and the hospitality student volunteers who ensured this initiative was successful.

### Life Blood- Blood Drive

Please see the message below from Stella Rose, one of our College Leaders in the Culture and Identity portfolio. Please support Stella in this worthy cause.

*Every year, 100,000 new donors are required to meet the ongoing need for blood. Giving blood is giving someone else another chance at life. Beyond saving lives, blood donation also creates a sense of community and solidarity, reminding us that even small acts can have a great impact. In the footsteps of our patron, Pope Francis, our Iona team aims to gather our school community and provide an act of compassion to those who need it most.*



**Australian Red Cross**  
**Lifeblood®**

**Life**

**IS THE REASON**

○ Blood donation

Join our Lifeblood Team, 'Iona College Geelong'  
and find your reason.  
Contact Stella Rose for more information.



## Count yourself in!

- 1 Download the Donate Blood App and register or sign in.
- 2 Select 'Account' – bottom right-hand side.
- 3 Select 'Teams' – 5<sup>th</sup> option from the top.
- 4 Search '**Iona College Geelong**' Lifeblood Team and exit.



### Combined Catholic Schools Production

Tonight, the curtains go up for *Charlie and the Chocolate Factory*, a production we've all been very much looking forward to. This show represents an incredible amount of creativity, passion and hard work, and we'd like to acknowledge the many people who have brought it to life.

A special thank you to our amazing staff team, in particular, Ms Townsend, Ms Whitfield and Ms Noller for their dedication and leadership throughout this huge undertaking, as well as to the entire creative team who have put endless hours into the production. From incredible costumes and graphic design, to hair and make-up, vocals and production supervision, we are so grateful for the time, energy and talent that has gone into making this production such a success.

To our amazing students, your commitment and energy have been inspiring. We're so proud of what you've achieved.

We look forward to sharing photos from the production in the coming weeks. But for now, good luck and enjoy every moment on stage! We're also excited to share that all shows are officially sold out. What a fantastic achievement!



## Parent Webinar

Please join our Elevate Education Parent Webinars this term to help your young people in their learning journey. [Register online today.](#)



Elevate Education's Term 3

## Parent Webinar Series

Elevate Education delivers high-impact workshops to our students that help to develop their study skills, motivation, and exam preparation. Over the next term, you're invited to join their parent webinar series, where you can help support your child at home by reinforcing the skills they're learning at school.

### ***How to Get (And Keep!) Your Child Motivated***

6th August 6:30pm (AEST)

### ***How You Can Make Technology an Ally (& Not the Enemy!)***

20th August 6:30pm (AEST)

### ***How to Help Your Child Improve Their Note Taking***

3rd September 6:30pm (AEST)

### ***How You Can Support Your Child During Exams***

17th September 6:30pm (AEST)

Register today at: <https://go.elevateeducation.com/auschoolwebinars>

## Year 7 Immunisation



On Tuesday, 12th August 2025, Barwon Health immunisation service will visit our Year 7 students to administer the following immunisations for free:

- HPV(Human Papillomavirus) vaccine =1 injection
- Boostrix(Diphtheria, tetanus and whooping cough booster) = 1 injection

Please complete the online consent form via the [following link](#), as soon as possible or via the QR code below:



Kate Every  
*College Nurse*

## Family webinar on AI and Online Safety

As part of Iona College's ongoing commitment to young people's safety and digital wellbeing, we invite and remind families of the following College digital safety initiatives. In partnership with Catholic Network Australia (CNA) and Cyber Safety Project, we invite parents and carers of secondary students to attend a free webinar titled "**AI & the Digital Generation**" on **Monday, 11 August 2025**, from **7:30 PM to 8:00 PM (AEST)**, hosted by CNA.

This session will explore key topics such as generative artificial intelligence (AI), AI companion apps, deepfakes and online misinformation, AI safety at home, and the legal and ethical considerations of AI use. It aims to empower families to better understand the technologies their young person may be engaging with, build confidence in discussing AI and digital truth, and learn practical strategies to encourage safe online behaviour. Registration is available [via the following link](#).

Additionally, as announced to families in Term 2, the College has invested in **Qustodio**, a powerful parental control tool offered at no cost to families through our partnership with LineWize.

Qustodio helps parents manage and protect their young person's online activity outside of school hours by providing features such as screen time monitoring, content filtering, app usage tracking, location tracking, and alerts for concerning activity. Families opting into this service can monitor both the college-provided device and one personal device.

To get started, sign up via the College's Online Safety Hub at <https://ionavic.onlinesafetyhub.com.au> using the email address registered with PAM. Please note that while the College facilitates access to Qustodio, all support queries should be directed to Qustodio at [myschool@qustodio.com](mailto:myschool@qustodio.com). These initiatives reflect Iona College's proactive approach to supporting families in fostering safe, informed, and responsible digital habits.

Kylie Power & Michael Hughes  
*Deputy Principal (Wellbeing) and ICT & Resource Manager*

### Wellbeing At Iona



#### **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. Part of being able to sleep is making sure that we have enough 'sleep pressure' or sleep 'drive' to get us through the night. When we have naps during the day, this can cause a lot of difficulties for one of our sleep systems – the homeostatic system. For us to be able to sleep through the night, we need a buildup of a chemical called adenosine in our system. Naps during the day reduce the amount of adenosine we have, leading many of us to wake up much earlier than we would like. This then creates problems for another one of our sleep systems – the circadian system, which likes strong routines to work well. Where we can, it is important that we support our young people to minimise naps during the day.

#### **Falling Asleep During the Day? Try These Tips.**

Feeling sleepy is different to feeling tired. Feeling sleepy is when you are getting close to falling asleep. Your head might fall forward or backwards, your eyes might roll back in your head, and you might even doze off when you don't want to. This can happen when you are staying up late and are not getting enough sleep before you have to get up for school. Firstly, if you are feeling sleepy, it is really important that you don't drive or use machinery – safety first. Secondly, try to get enough sleep each day. If you need to nap, it is better to do it in the first half of the day and for less than an hour. Try doing some physical activity, exposing yourself to some light and having something to eat or drink to see if you can move past the need to nap.

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*

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From the NCCD Team

### **What is the N.C.C.D**

#### **As a parent, guardian or carer, what do I need to know?**

The Nationally Consistent Collection of Data on School Students with Disability (NCCD) is a yearly count of students by all Australian schools across the country. The aim of the NCCD is to provide the Australian Government with information about the number of students with disability in Australian schools and the type of adjustments they need in order to access and participate in education on the same basis as other students. From 2018, the NCCD will be used by the Australian Government to inform funding for schools, known as the 'student with disability loading'.

If you are a parent, guardian or carer of a young person with disability who requires ongoing adjustments at school, a teacher or another school staff member will consult with you to understand your young person's needs. This collaborative approach ensures the most appropriate adjustments are chosen to support your young person's learning and participation at school. In some cases, an individual education plan (IEP) or personal learning plan (PLP) may be developed to document specific educational goals and to review your young person's progress over time.

Your young person will be included in the NCCD if they require ongoing adjustments at school due to a disability as defined by the *Disability Discrimination Act 1992* [This link will open in a new window](#) (the DDA). This is a very broad definition of disability, which includes physical and intellectual disabilities, learning disorders such as dyslexia and dysgraphia, and mental health conditions such as anxiety and depression.

The Disability Standards for Education 2005 (the Standards) set out the obligations of schools towards students with disability. Information for parents, guardians and carers on the DDA and the Standards about how schools can work with students and their families is available at [Disability Standards for Education: A practical guide for individuals, families and communities](#).

If your young person has a disability, your young person's school will provide information about them for the NCCD, including:

- your young person's year of schooling
- the category of disability that best describes your young person's difficulties (one of four categories is chosen by the school team to reflect your young person's greatest area of need: physical, cognitive, sensory or social/emotional)
- the level of adjustment your young person receives at school (one of four levels is chosen by the school team to reflect the type of support your young person requires: quality differentiated teaching practice, supplementary adjustment, substantial adjustment, or extensive adjustment).
- The information collected by schools for the NCCD will ultimately be provided to the Australian Government Department of Education. In some cases, this will involve the school passing the information directly to the Department. In other cases, the school will provide it to its state or territory government agency (or other relevant body) in the first instance, and that agency will then provide the information to the Department.

While it is not possible for schools or families to 'opt out' of the NCCD, the privacy and confidentiality of all students and their families are treated with utmost importance. Data is collected within each school, and personal details, such as student names and other identifying information, are not provided to local or federal education authorities.

Jacqueline Fenwick  
*Head of Learning Diversity*

This term the wellbeing team will be applying some strategies to help students increase self-regulation and develop a wider ability to tolerate distress. These strategies will be implemented across the board and posters will be displayed across the school each week to help reinforce these strategies. Each week we will place these posters in the newsletter for your reference at home along with a brief explanation of the strategy.

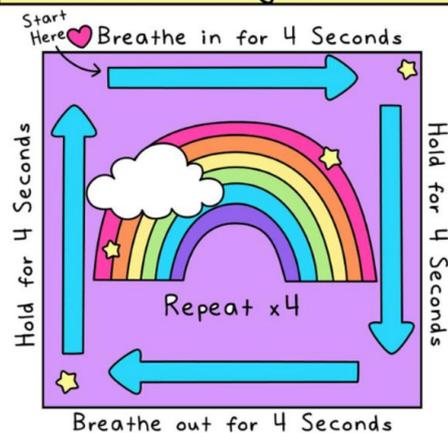
## WEEK I: GROUNDING AND BREATHING



The 5-4-3-2-1 grounding technique is a popular mindfulness and anxiety-reduction tool that helps bring attention back to the present moment. Grounding techniques are used to distract from distressing thoughts and bring awareness to the "here and now." It's often used for managing **anxiety, panic attacks, dissociation, and stress**. The use of multiple senses (sight, sound, touch, smell, taste) is aligned with **sensory integration** and **polyvagal theory**, which suggest that connecting with physical sensations can calm the **nervous system**, promoting a sense of **safety and grounding**.

**Box breathing** stimulates the **parasympathetic nervous system**—the "rest and digest" system—which counteracts the stress-related sympathetic nervous system ("fight or flight"). This **slows down the heart rate, reduces blood pressure and promotes a calmer mental state**. The idea of controlled breathing is to **interrupt the physiological feedback loop of anxiety** (which usually looks like racing heart → panic → faster breathing → more panic).

### Box Breathing Exercise



Upcoming Online Parent Information Session

A reminder that the *Teen Mental Health Matters* webinar, presented by the Black Dog Institute, will take place on **Monday, 11 August at 6:00 pm**. This free online session is designed for parents and carers and will cover how to support teen mental health, when to seek help, and how to have supportive conversations.

**Zoom link:** <https://us02web.zoom.us/j/88164833305?pwd=235f7wUoctTqU7K3hTpYxXk2pZamS.1#success>

**Webinar ID:** 881 6483 3305

**Passcode:** 529897



**FREE WEBINAR**

# Teen Mental Health Matters

For Parents & Carers



Hosted by a Clinical Psychologist from Black Dog Institute, for  
Parents & Carers of Students at Iona College.

**Monday, 11<sup>th</sup> August, 6:00pm (AEST)**



Join the Webinar –  
Scan the QR Code



## Restorative Practices Parent Seminar

The Iona community has been invited to the following seminar at Clonard College. Please be sure to register via the QR code below if you'd like to attend.

# Restorative Practices in Schools: A Parent & Carer Seminar

As part of our commitment to being **Intentionally Connected** through our **One Pace Beyond 2025-2028 School Improvement Plan**, we are aiming to build partnerships with families through delivering a family seminar program.

Our next session will be based on developing Thriving Change Agents through our Strategic Commitment to Leading in positive behaviour, restorative practices and inclusion.

We invite all parents and carers to attend a session with Kristy Elliott who has been working with our staff and leaders to develop Restorative Practices in Schools.



**CLONARD**  
COLLEGE  
GEE LONG

Date: **Wednesday July 30**

Time: **6:30-7:30pm**

Location: **Kildare Theatre**

Restorative Practices in schools is about managing the relationships across the school community with processes and techniques that help to build, maintain, deepen, and repair relationships. One of the many benefits of this approach is the development of resilience and conflict navigation skills – both of which influence our wellbeing. Schools embracing this philosophy prioritise building positive relationships, developing social-emotional capabilities, wellbeing for all, creating supportive learning environments, and establishing fair, democratic systems across their community.

Parents and carers attending this seminar can expect to learn:

- **The foundations of Restorative Practice;**
- **What Restorative Practice looks like in schools;**
- **The benefits of using restorative practices; and**
- **How families can use restorative approaches at home to build resilience and enhance parent-child relationships**



This seminar is delivered by Kristy Elliott. Kristy holds a Bachelor of Education and a Masters in Applied Positive Psychology. Kristy is an experienced teacher and consultant, having worked for over two decades with schools in Australia and Asia making a positive difference in the lives of young people, educators, and school communities. Kristy is founder and director of Melbourne-based business Restorative Pathways. She passionately supports schools to create relational, thriving school cultures using the science of wellbeing, and restorative approaches to relationship management.

Register via the QR code or link below



<https://forms.office.com/r/GEdc5J8itk>



Resource Centre News – Year 9 Author Visit

On Monday, July 28<sup>th</sup>, we are pleased to welcome bestselling author and Australian Children’s Laureate 2018-2019, Morris Gleitzman, to speak to our Year 9 cohort in the Resource Centre. Morris’s Once series, which is a story set in World War II and told through the eyes of young Felix and Zelda, is one of the most borrowed books in our library and relates to aspects of the Year 9 curriculum.

Morris will speak to the whole year level and then be available to greet students and sign copies of his books for them for 30 minutes. If your young person in Year 9 has copies of any of Morris’s books that they would like to have signed, please ensure that they bring them on Monday. Unfortunately, we are unable to extend this opportunity to students in other year levels.

You can find out more about Morris [here](#).



Sharon Cuthbertson  
Resource Assistant

### Iona Pathways Press

The 24<sup>th</sup> July 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
- CDW Studios Open Day 2025
- Upcoming Discover Monash Events
- *New Sport and Recreation Management Degree at La Trobe University*
- Bachelor of Design (Digital Media) at RMIT University
- Bachelor of Social Work at Federation University
- 2026 VETDSS Applications
- Study in the UK Information Event
- ADFA Open Day
- Swinburne Early Entry Program
- Monash Information Session in Geelong
- Apprenticeship and Trainee Forum
- Media, Communication & Journalism Degrees in Victoria in 2025
- Snapshot of Monash University in 2025
- Snapshot of Monash University – Peninsula in 2025
- Deakin Guarantee ATAR
- Meet Melbourne Bellarine Peninsula

### Term 3 2025 Dates to Remember

Date	Event
Monday 21 July	Student Free Day (Staff Professional Development)
Tuesday 22 July	Term 3 Starts
Wednesday 23 July - Saturday 26 July	Combined Catholic Schools Production (Geelong Arts Centre)
Friday 25 July	Whole School Assembly (Formal Uniform Required)
Thursday 31 July	Strings Festival (Iona Stadium)
Friday 1 August	Year 11 2026 Subject Selections Due
Thursday 7 August	Winter Soiree (Iona Stadium)
Friday 8 August	Year 10 2026 Subject Selections Due
Monday, 11 August	Teen Health Matters Online Webinar (6 pm, Online)
Tuesday 12 August	Year 7 Immunisation
Friday 15 August	Year 9 2026 Subject Selections Due
Wednesday 20 August	Unit 4 Student Progress Meetings (3:30 pm - 5:30 pm, face-to-face)
Thursday 21 August	Ensemble Showcase (6 pm, Iona Stadium)
Monday 25 August	VCE Recital (6 pm, Iona Stadium)
Tuesday 26 August	Student Progress Meetings (3:30 pm - 6 pm, Online)
Monday 1 September	Online Parenting Session - Empowering Parents in the Vaping Conversation (6:30 pm, Online)
Wednesday 3 September	Year 8 Time and Space Parent and Student Evening (5:45 pm - 8 pm, Iona Stadium)
Thursday 4 September	Student Progress Meetings (3:30 pm - 6:30 pm, Face-To-Face)
Friday 5 September	Student Free Day (Staff Professional Development)
Wednesday 10 September	Year 7 Time and Space Parent and Student Evening (5:45 pm - 8 pm, Iona Stadium)
Thursday 11 September	Combined Choral Collaboration (Iona Stadium)
Thursday 18 September	Whole School Mass (Formal Uniform Required)
Friday 19 September	Columba Day Celebration & Lorne 120
Friday 19 September	End of Term 3 (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.

As we commence this new semester, we welcome staff Sharlene Inglis (Learning Support Officer), Nicola Harker-Davies (Science Laboratory Technician) and Tania Anticev (replacing David Bourke, who will be on Long service leave this term).

Kylie Power (Deputy Principal-Wellbeing) will be on leave for the next five weeks. Kate McLaren has been appointed as Acting Deputy Principal for this period of time.

Thanks for your support.

Damian, Melissa and Kate