

**7 August 2025**

Dear Parents and Carers,

Tomorrow, we celebrate the feast day of Saint Mary MacKillop, patron of Iona's MacKillop House and Australia's first canonised Saint. At Iona, we look to Saint Mary Mackillop to inspire us to be just leaders. Mary provided visionary leadership by using the power of education to lift communities out of poverty and transform lives. She also reminded us that 'We are all but travellers here' (1866). Although Mary said this in 1866, it is more relevant than ever in our world today. It is a reminder for us to care for the environment and the people within our communities, ensuring future generations are able to enjoy what we have.

Mary's motto was 'never see a need without trying to do something about it.' Reminding us that we all have a responsibility to act when we notice something is wrong or unfair. This is a challenge we can all embrace in our relationships with friends, family, school, local and global communities. Saint Mary MacKillop's life reveals to us a compassionate God, a God of love. Her actions acknowledged the human dignity of each person.



Spirit of Life,  
you inspired Mary Mackillop to a dedicated service of those most in need.  
May we always notice those most in need, discern how to respond with care, and act generously in our response.  
Amen

## Australian Geography Competition 2025



The Australian Geography Competition is a contest for Australian secondary school students, assessing their geographical knowledge and skills. The Competition aims to encourage student interest in geography and to reward student excellence. This year, our Geography students in Years 10, 11 and 12 competed. We are extremely proud to announce that we had Noah Cribb (Year 10) receive a credit, and Samuel Sharp and Henry Tarka (Year 10) both receiving Distinctions. We will congratulate these students and award them their certificates at the next assembly. Amazing work!

## Upcoming Student Progress Meetings



Parents and carers are invited to attend our Term 3 Student Progress Meetings. These sessions provide a valuable opportunity to check in on student progress, celebrate successes, and work together on strategies for continued growth. Students are welcome to attend alongside their parent or carer if they wish.

### Meeting Details:

- **VCE Unit 4 Student Progress Meetings - Wednesday 20 August** – 3:30 pm–5:30 pm (*Face-to-Face*)
- **Online Student Progress Meetings - Tuesday, 26 August** – 3:30 pm–6:30 pm (*Online*)
- **Face-to-face Student Progress Meetings - Thursday 4 September** – 3:30 pm–6:30 pm (*Face-to-Face*)

Keep an eye on your emails in the coming weeks for a notification letting you know when bookings open.

### Re-enrolment for 2026 for current students

As we begin preparations for the 2026 school year, we ask all current families to confirm their re-enrolment intentions for next year by the end of Term 3, Friday, 19 September.

You will receive a communication from Iona requesting you to select from the following:

- **Will Return**
- **Unsure if Returning**
- **Will Not Be Returning**

To assist us in planning, we would appreciate your response as early as possible.

Di Makings  
College Registrar

### Reminder – Teen Mental Health Webinar, Monday 11 August

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=235f7wUoctTqU7K3hTpYxXk2pZarnS.1#success>

**Webinar ID:** 881 6483 3305

**Passcode:** 529897



The poster features the Iona College Geelong logo at the top right. Below it, the text reads "FREE WEBINAR" and "Teen Mental Health Matters For Parents & Carers". A central image shows a family of three smiling. Below the image, it states "Hosted by a Clinical Psychologist from Black Dog Institute, for Parents & Carers of Students at Iona College." and "Monday, 11<sup>th</sup> August, 6:00pm (AEST)". At the bottom left is a QR code with the text "Join the Webinar – Scan the QR Code". At the bottom right is the Black Dog Institute logo with the tagline "BETTER MENTAL HEALTH". The poster has a purple, blue, and yellow wavy border at the top and bottom.

## Year 8 Conversation and Connection

On Wednesday, 3 September, all Year 8 students are invited to attend a special Conversation and Connection evening with their dads, father figures or mentors. This engaging session will be facilitated by Ray Messer, a highly experienced presenter who has worked with parents and adolescents for over 20 years through the Time & Space program. It's a valuable opportunity to pause, connect and reflect together in a meaningful way.

**Date:** Wednesday, 3 September

**Time:** 6:00 pm – 8:00 pm

**Location:** Iona Stadium

We warmly encourage all Year 8 families to participate.

Please register via the following link: <http://bit.ly/ICG825>.



### Time & Space for 'Conversation and Connection'

Iona College Geelong is delighted to offer you an opportunity to experience a lifetime memory with your young person at the inaugural 'Dads and young person' Night.

This innovative single evening program is one of the special transition events that we offer our Year 8 students and it is happening here in our community on the evening of Wednesday 3 September.

It is a big thing when our young people move through their times of transition. Their teenage years accelerate quickly as their ride on the adolescent rollercoaster continues. They are growing up and the opportunity to reflect on the joys and challenges of this time in your lives, is one not to be missed.

This is a great night for the students as they witness their dads or mentors discussing what it means to them to be a dad (or mentor) and see how you handle the 'letting go' process as they start to forge some independence.



We are bringing Ray Messer to our school to facilitate this unique experience for you. Ray is a very experienced and engaging facilitator who has worked in schools and associated parent and adolescent programs across four countries over the past twenty years. Ray is originally from country Victoria, and he gets a real thrill out of the connections that are made through Time & Space and knows that you will too.

Father and Mentors will emerge from the night reassured and impressed by the way our students are able to speak up and share insights about their life. And be assured that the night is fun too... full of activities and conversations that will make us smile.

Come along and enjoy a unique gift – dedicated time with each other in the midst of the special community that we have here at Iona College.

To register please:

Visit the link <http://bit.ly/ICG825>

This helps with our activity planning for the session. This session is exclusive to Year 8.

If you have any other enquiries, please contact Adrienne Shaw on (03) 5229 0004 or [Adrienne.Shaw@iona.vic.edu.au](mailto:Adrienne.Shaw@iona.vic.edu.au)

We know that families come in all shapes and sizes and not all fathers can attend an evening such as this. A mentor such as a grandfather, uncle or family friend is welcome to attend.

**Year 8 Dads and young person Night**

Wednesday 3 September 2025

Iona College Stadium

5:45pm for a 6:00pm Start (finish by 8:00pm)

Light Refreshments from 5:45pm



Melbourne Archdiocese  
Catholic Schools



IONA  
COLLEGE

Time &  
space  
Reassured Connections

A program for dads and young people



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

At Iona College, we care for each other by supporting good sleep practices in our friends, family and other members of our school community. The sleep of our young people tends to change in adolescence. This can be a big adjustment and can create some unique challenges.

Going to Bed Later than You Used to? Hello Night Owls!

Young people's body clock/circadian rhythm for sleep shifts for young people to make them more 'night owls' than 'early birds'. By the time you become adults, most people will shift back to a more typical bedtime. However, some people are even night owls from a young age. It can be hard to go to bed early because you don't feel sleepy enough to sleep, and then it can be hard to get out of bed in the morning.

Ways to help are:

- Try not to sleep in on weekends. If there is a big difference between your get-up times during the weekends and on holidays, it disrupts your body clock and leaves you with jet lag. This can make it super hard to get out of bed and can make sleeping more difficult.
- Do as much of your morning routine the night before, so you can sleep as late as possible.
- Be sure to use wind-down time in the evenings, an hour or so before your bedtime.

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*

## WEEK 3: LEAVES ON A STREAM

The core idea of this exercise is to help you **step back from your thoughts**. Instead of getting caught up in them or trying to change them, you learn to **observe them and allow them to pass by**, like leaves floating down a stream. This activity not only helps draw attention to the present moment but helps **build awareness without judgment**. By allowing thoughts to come and go, it helps to build **acceptance** for big thoughts and feelings, **reducing mental struggle and emotional avoidance**

### Leaves on a Stream

Imagine you are resting by the side of a stream.

This scene can look however you like.

Use all your senses to imagine what the stream and its surroundings look like, the sound of the water and anything else that comes to mind.

Focus on the stream.

When distractions enter your mind, such as thoughts or feelings, take a moment to notice them without judgement. After taking a moment to observe a thought or feeling, return your attention to the stream.

Place your thought upon a leaf.

You might imagine writing the thought on the leaf or attaching it in some other way.

Place the leaf in the water and watch it float down the stream until it disappears.

Continue visualising the stream, simply observing and releasing any thoughts that enter your mind.

There is nothing else you need to do.

## Deakin Young Influencer Award

Applications for Deakin's Young Influencer award are now open to all Year 11s. Visit <https://www.deakin.edu.au/young-influencer-award> for more information.



**DEAKIN  
YOUNG  
INFLUENCER  
AWARD  
2025**

Ella Gray – Past Deakin Young Influencer Award recipient,  
current Deakin student

Reward your efforts, not just in the classroom, but outside of school life too, with a \$5000 scholarship to fund your university study at Deakin.

If you're in Year 11 and a strong leader in your local community, have a willingness to help others or enjoy thinking of new ideas to solve real-world problems, then this award is perfect for you.

Apply now, celebrate your achievements and stand out from your peers.  
One winner will be selected from each participating school.



For more information and to apply, visit:  
[deakin.edu.au/young-influencer-award](https://www.deakin.edu.au/young-influencer-award)

▶ **APPLICATIONS OPEN**  
27 August 2025

▶ **APPLICATIONS CLOSE**  
8 October 2025



**DEAKIN  
UNIVERSITY**

Deakin University CRICOS Provider Code: 00115B 2236-01 0525



We were fortunate enough to have our resident string teacher, Emily Anderson, come into two of our Year 7 Music classes this week and demonstrate the instruments in the String Family. Students had the chance to play the violin, viola, cello or double bass and experience how the sound is created on these instruments. Currently, we have spare instruments and lesson space if any students want to have private lessons. Students can “check out” these instruments just like a library book, how easy is that!

Contact [music@iona.vic.edu.au](mailto:music@iona.vic.edu.au) if your young person is interested.

Well done, 7A and 7B, for the courageous and enthusiastic manner you worked in these classes and thank you to Emily for your visit.

Jodie Townsend  
*Head of Performing Arts*

### Geelong High School Visit



The Music Department was very excited to be able to help Thomas Georke complete a Recording SAC required as part of his VET Sound Production Course by sending one of our bands for him to work with on Monday, 28th July. This group included Anthony Calleja, Thomas Asbell, Lila Tadich, Elizabeth Wolbers, Aran Best and Jovi Chomely. This group rehearse after school on Wednesdays with Andrew Cromwell and is developing into a fine performing group. Congratulations to our performers and, of course, Thomas. We are looking forward to hearing the results of this recording session.

Our thanks to Geelong High School for their work with Thomas in his VET Sound Production Course and for allowing our band to record in their studio. We would also like to thank Mr Wallace and Mr Kernick for accompanying our students. VET Sound Production will be part of the Iona offerings in the years to come.

## String Festival



On Thursday, 31st of July, we were proud to host the 2nd annual String Festival organised by the Geelong Heads of Music (GHOM). This collaborative event enabled schools to offer their students the chance to play in a large string ensemble. Students from Kardinia College, Christian College, Clonard College, Sacred Heart College, St Ignatius, Geelong Lutheran College and of course our own string students all came together in a group of approximately 90 musicians – that is SO many strings!

Students worked with Martin DeMarte (Christian College) and Allison Worrall (Kardinia College) on three combined pieces. This event is focused on the collaborative nature of music making, with the set pieces, allowing students to work with different conductors and also gives them an opportunity to meet new “string” friends. The workshop was followed by a wonderful 15-minute concert for parents.

Thank you to Martin and Allison for volunteering to conduct this year and for choosing the exciting repertoire. My thanks also go to the staff from other schools who came along and supported their students. A huge thank you to our students who entered this event with enthusiasm and courage, Lucinda Joyce, Molly Willmott, Nellie Bishop, Willow Carroll, Bao Chu, Freya Crook and Helaina Despott. Your continued participation in our String Program is helping to build and develop our musical culture.

Community and collaborative music making at its best!



### Iona Pathways Press

The 7<sup>th</sup> August edition of the Iona Pathways Press [can be found here](#).  
In this edition, you will find information about:

- Dates to Diarise in Term 3
- Navigating your post-school with confidence
- Casper Entry Requirements for Teacher Qualifications
- Alternative Entry Requirements for Teacher Qualifications
- *New Courses at ACU in 2026*
  - Bachelor of Business
  - Bachelor of Social and Environmental Sustainability
  - Bachelor of Psychological Science/Master of Teaching (Primary)
- Biomedicine or Science at Melbourne?
- News from Monash University
  - Bachelor of Learning Design and Technology
  - Bachelor of Business Administration
- Medical Imaging Courses in Victoria in 2025
- Snapshot of Federation University Australia in 2025
- Deakin Guarantee ATAR
- ADFA Open Day
- Swinburne Early Entry Program
- 2026 ATO School Leaver Program
- Deakin Young Influencer Award 2025
- AFL SportsReady Traineeships
- Deakin 50<sup>th</sup> Anniversary Excellence Scholarship

### Art Department News

Mr. Bromley's Year 9 Visual and Digital Art i-Create class have started off the semester looking at Australian Artist Ben Quilty. Drawing inspiration from Quilty's distinct style, students have created artworks using a car as the subject matter and experimenting with oil pastels, watercolour and acrylic to create textural and gestural pieces. These will build towards their folio of works as they continue to explore a range of artists throughout the term.







### 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
Tuesday 19 August	Year 10 Kokoda Trek Online Information Session (5:30 pm, Online)
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)
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)
Monday 1 September	Iona Contemporary Bands, Year 12 VCE students @ The Piano Bar (6:00 pm - 8:30 pm)
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.

Please note the updated date for the student-free Day (Staff Professional Development) is Friday, 5 September.

Thanks for your support.

Damian, Melissa and Kate