

4 September 2025

Dear Parents and Carers,

As we approach Father's Day weekend, we extend our best wishes to all of the fathers and father-figures who care for and shape the lives of our young people. We wish all of our families peace, happiness and courage as they reflect on this special day, which for some is full of celebration, but for others, it may be a time for quiet reflection and remembrance.



On this Father's Day weekend, we pray to the Patron Saint of Fathers, St Joseph,

Heavenly Father, you give us a model of fatherhood in St. Joseph, who protected and loved Mary and Jesus. He responded quickly and faithfully to your promptings. We give you thanks for our fathers and for the protection and love they give to us. Grant them the same courage and perseverance you gave to St. Joseph when he faced adversity and uncertainty. Like him, may they live with humility and faithfulness, and be a source of joy and a pillar of strength for their families. We ask this through Jesus Christ, our Lord. Amen.

Staff Professional Development Day

On Friday, 5 September, Iona College staff will be taking part in our annual Staff Spirituality Day. This important day allows our team to pause, reflect and spend time together, which is central to our mission and values as a Catholic learning community.

As a result, the College Office will be closed for the day. Families are welcome to email reception@iona.vic.edu.au or leave a phone message, but please note these will not be attended to until Monday, 8 September, when the College reopens.

We thank you for your understanding and support as staff come together for this day.

Help Us Keep You Informed -Short Survey

We're asking our parents and carers for their feedback through a short survey about how you like to receive updates from Iona College, including newsletters, social media and other channels.

Your input will help us understand:

- How often you'd like to hear from us
- Which types of updates are most important to you
- Your preferred ways to receive information

The survey is quick, easy, and completely anonymous. Your feedback will directly shape how we keep you informed in the future. Complete the online survey [via the following link](#).



East Timor Immersion Trip 2026 Information Session

Iona's current Year 10 students have the exciting opportunity to be involved in Iona College's first East Timor Immersion Trip in 2026.

This immersion in Timor-Leste (East Timor) provides students with a rich, authentic experience of the relationships, culture, history and daily life of our close northern neighbour.

Activities may include collaborative workshops and classes with local students, visits to culturally and historically significant sites, participation in community projects, and learning traditional ways of life, foods and customs of the country. Students will also explore aspects of rural and urban life, gaining insight into the challenges and strengths of Timor-Leste as a young nation.

A highlight of this immersion will be visiting and making connections with our partner school in Viqueque, St Estevao. We look forward to this being the start of a long and meaningful relationship between our two schools.

Join our Online Information Session: Thursday, 11th September at 5:30 pm.

Join via the following link: [Join the meeting now](#)

Approximate Cost: \$4,500 (includes flights, accommodation, meals, transport and experiences)

We encourage all interested families to attend this session to learn more about this unforgettable experience planned for the last week of Term 3 and the first week of the September holidays in 2026.

Columba Day Celebrations Reminder



We're looking forward to celebrating Columba Day on the final day of Term 3, Friday 19 September.

Here's a summary of the important information that has been in the newsletter over the past few weeks:

What to wear: Students are encouraged to dress in **House colours**:

Chisholm: Green

Francis: Red

MacKillop: Blue

Glowrey: Yellow

Those in the Staff vs. Students Footy match should bring sports gear.

Activities: The day will include trivia, House Music, games, a disco, 3v3 basketball, Sing Star, volleyball, and of course, the Staff vs. Students Footy Game.

Food:

- **Iona Canteen:** Donuts (preorder via Online Canteen), Spud Shed, toasties, drinks.
- **Food Trucks:** Pizza, dumplings, Mexican, burgers, churros, bao/pho, and more. Purchases are **card only** (student debit card or EFTPOS gift card). Please find the menu below.

It promises to be a fun and memorable way to end the term!

COLUMBA DAY MENU

CHUBBY BAO

BAO 1 for \$7, 3 for \$20

Pho Fried Chicken, cucumber, chilli & fresh herbs Crunch Fried Chicken, slaw, Chubby mayo Beaut Pork belly, pickles, cucumber & peanut (DFO, GFO)

Beast Beef brisket, kimchi, radish, gochujang mayo & spring onion (DFO, GFO)

Sailor Furikake prawn, charcoal buns, slaw, pickles & yuzu aioli Forest Mixed mushroom, water chestnut, cabbage, carrot, garlic, spring onion & peanut (DF, VG, GFO)

Nightshade Eggplant, slaw, Szechuan glaze (DF, VG)

SIDES

Fried chicken \$17

Signature fried chicken with Chubby sauce

Sweet potato fries \$12

Rosemary salt, sour cream & chives (GF)

Pulled beef fries \$15

kimchi, spring onion & gochujang mayo

Plain chips \$12

COMBOS Meal for One \$ 28

Choice of 3 baos, 1 side & 1 drink

Kid's Bao Bun Meal \$13

Crunch bao bun & chips Kid's fried chicken Meal \$13

Fried chicken & chips

PERLA MEXICAN

TACOS ..2/\$16

Beef, Chicken or Black bean soft tacos with pico de gallo, pickled onion & salsa verde

NACHOS.. \$16

Corn Chips, melted cheese, salsa, guacamole, sour cream, pickled onion, jalapeno, coriander

FRIES..\$10

Fries w/ Perla salt seasoning

LOADED FRIES..\$16

Fries w/ melted cheese, meat or beans, lime crema, pickled onion & coriander

BIRRIA TACOS..3/\$25

3 x folded prime pulled beef and cheese tacos served with dipping salsa



TWISTED

TEMPTATIONS

Twisted Potato \$10.00

Twisted Combo \$12.00

One twisted potato and one drink

Feed for Two \$22.00

Two twisted potatoes and two donuts

Twisted Mega Deal \$27.00

Soft Drink (Sugar Free) \$3.00

Water \$2.00

Hot Jam Donut \$2.00

Churros Yummy Donuts

Cinnamon Sugar **TBC**

Icing Sugar

Chocolate Drizzled

Caramel Drizzled

Nutella Drizzled

Jam Filled

PIZZA PARTY MAN

Garlic \$15.00

Garlic, cheese & Oregano

Margherita \$20.00

Tomato & Mozzarella

Vegetariana \$22.00

Tomato, Mozzarella, Mushroom, Onions, Olives

Hawaiian \$22.00

Tomato, Mozzarella, Ham & Pineapple

Salame \$25.00

Tomato, Mozzarella, Salami

Mushroom \$22.00

Tomato, Mozzarella, Mushroom

Melbournian \$25.00

Tomato, Mozzarella, Salami, Pesto

BBQ M/Lovers \$25.00

Tomato, Mozzarella, Ham, Onion, Salami, BBQ Sauce

Frankie \$25.00

tomato, Mozzarella, Prosciutto, Rocket, Parmesan Cheese

Nutella \$15.00

Nutella, Icing Sugar

GYPSY LUNCHBOX

Kids Cheese Burger \$13.00

Angus beef, American cheddar, Westmont pickles, onion, and ketchup.

Angus Beef & Bacon Burger \$16.75

Angus beef, American cheddar, Lettuce, tomato, onion, Westmont pickles, house burger sauce.

Southern-fried Chicken Burger \$16.50

Southern-fried chicken, American cheddar, house slaw, chilli mayo.

Southern-fried Chicken & Bacon \$16.75

Southern-fried chicken, American cheddar, smoky BBQ sauce, ranch, house slaw.

Double Beef & Bacon \$21.50

2 x Beef patties, 2 x bacon, 2 x American Cheese, BBQ sauce, house burger sauce, onion, Westmont pickles.

Fish Butty \$16.50

Beer-battered flathead, American cheddar, house slaw, dill, aioli, onion, Westmont pickles.

Smashed Falafel \$16.50

Lettuce, tomato, onion, coriander, hummus & garlic sauce.

Fried Cauliflower \$16.50

Southern fried cauliflower, house slaw, American cheddar, chilli mayo, coriander.

Side Fries \$5.00

Tray Fries \$11.00

Loaded Fries (Bacon, cheese, sauce) \$15.00

Sticky Asian Chicken Wings \$15.00

Mac & Cheese Balls \$13.00

Cauliflower bites & Chilli mayo \$13.00

Lil DUMPLING VAN

4 Pieces w free sauce \$10.00

8 Pieces w free sauce \$17.00

Drinks (sugar free) \$3.00

Dumpling Options:

- Pork
- Chicken
- Beef
- Vegetable/ Vegan

Wellbeing At Iona



Last week, we welcomed 35 parents, staff and our colleagues from Clonard College to an engaging evening with Dr Connie Buckingham (Psychologist), who shared insights into our Social Stencil program. This program has been embedded in Iona for the past four years and continues to make a real difference in the lives of our students.

Dr Connie, a Research Supervisor and Senior Lecturer at the University of Melbourne, first created Social Stencil in 2008. Since then, she has continued to refine and adapt the program to support the needs of young people. We are proud that Iona is part of a new Melbourne University research study exploring the impact of Social Stencil on student wellbeing.

Students who find it challenging to manage relationships or navigate conflict can often struggle through adolescence. Social Stencil provides them with practical tools and strategies to build social and emotional skills. On the night, parents were introduced to simple, evidence-based strategies they could try at home. Importantly, the program supports not only our neurotypical students but also our neurodiverse learners.

We are especially grateful to Justine Fitzpatrick, our Year 7 Wellbeing Leader, who has championed this initiative alongside other trained Iona staff since its introduction. Together, they have ensured the program has become a valued part of both our wellbeing curriculum and our targeted interventions.

A key highlight from the evening was Dr Connie's practical advice on managing anger. When adrenaline floods the body, strategies such as moving (walking, running, throwing a ball), practising big belly breathing, drinking water, or finding a calm space can help young people regulate their emotions in healthy ways. We look forward to building on this work as we continue to strengthen our wellbeing program for all students.

For more information on Dr Connie's work, visit [Social Stencil](#).



Upcoming Wellbeing Events

Date	Year Level	Event	Time	Location	RSVP/Notes
Wednesday, 10 September	Year 7 Parent/Carers	Year 7 Mother/Mother Figure Time and Space Parent and Student Evening	5:45 – 8:00 pm	Iona Stadium	Year 7 Parents/Carers can RSVP via the following link http://bit.ly/4fMFIWk .
Tuesday, 16 September	Whole School	Parent Partnerships Evening with Daniel Principe	6:00 pm	Iona College Francis Centre (Resource Centre)	Parents/Carers can RSVP via the following link https://bit.ly/3UDobpL

Parent Partnerships Evening with Daniel Principe- Tuesday 16th September

On Tuesday, 16 September, our Year 9 and 10 boys will take part in a special program with Daniel Principe, a passionate advocate for respectful relationships and healthy masculinity. Daniel's work with young men across Australia is engaging, thought-provoking, and highly impactful.

The day will begin with a keynote session for all Year 9 and 10 boys, followed by smaller, interactive workshops designed to spark meaningful conversations and reflection. Students will also enjoy an active session, providing a chance to connect, collaborate and release energy in a positive way.

That evening, we warmly invite all Iona families to a **special Parent Workshop**. This event is open to the entire community, not just families with sons in Years 9 and 10. Daniel will cover topics relevant to all parents, including:

- Healthy masculinity
- Consent and respectful relationships
- Navigating the digital world

Daniel's approach is practical and empowering, offering valuable insights to help parents support their children through adolescence.

For a preview of Daniel's work, you may like to watch:

- *Parental Guidance* (Season 1, Episode 2) – available on Nine Now
- *Compass* – [Episode: "Hijacking Adolescence"](#)

We encourage you to join us for this important evening.

Please RSVP [via the following link](#) so we can prepare the space accordingly.

Kylie Power
Deputy Principal Wellbeing

DANIEL PRINCIPE

youth advocate and educator

Tuesday 16th September 6:00pm

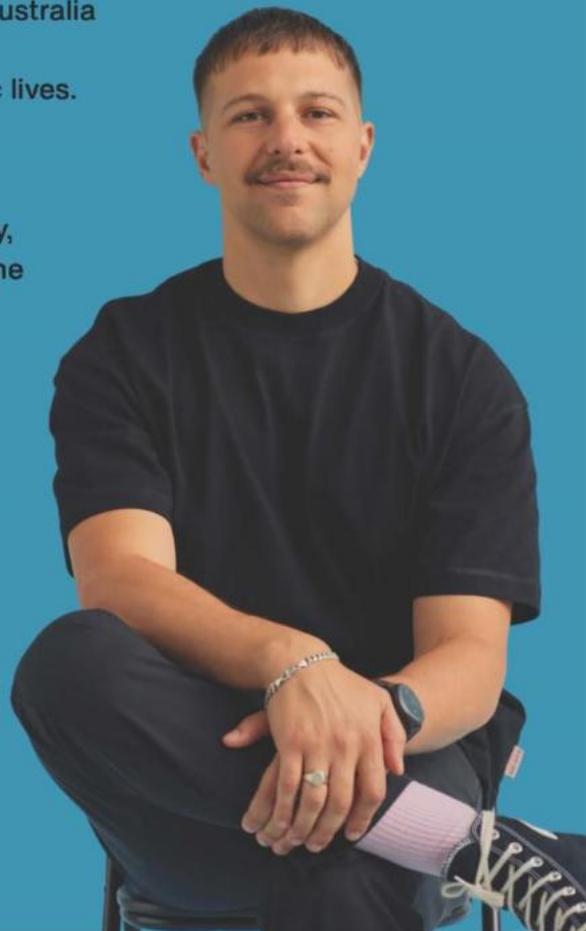
Daniel is a passionate youth advocate and educator. He champions boys across Australia to challenge culture and aspire to live courageous, respectful and empathetic lives.

He is a regular guest on TV, radio and podcasts to discuss healthy masculinity, consent, respectful relationships and the cultural challenges young people are facing.

Join us at The Francis Centre to hear Daniel share powerful insights - essential for all parents and carers.



RSVP using the QR Code



WEEK 7 EXTENDING THE EXHALE

Extending the exhale is a powerful technique for reducing anxiety, and its effectiveness is rooted in how the nervous system works. Exhalation is closely linked to the parasympathetic nervous system (rest and digest), sending signals of safety and calm to the brain. This slows the heart rate, reduces muscle tension, and lowers stress hormones like cortisol. Studies show that techniques like 4-6 breathing (inhale for 4, exhale for 6) or box breathing (with a longer exhale) can reduce symptoms of anxiety and panic and improve emotional regulation. Anxiety often causes shallow, rapid breathing or even breath holding, which can worsen anxiety symptoms. When you intentionally slow and lengthen your exhale, it regulates oxygen levels, prevents hyperventilation, and creates a sense of control. Focussing on the breath (especially the exhale) also brings attention out of racing thoughts into the body, helping to interrupt anxious spirals and ground in the present moment.

EXTENDING THE EXHALE

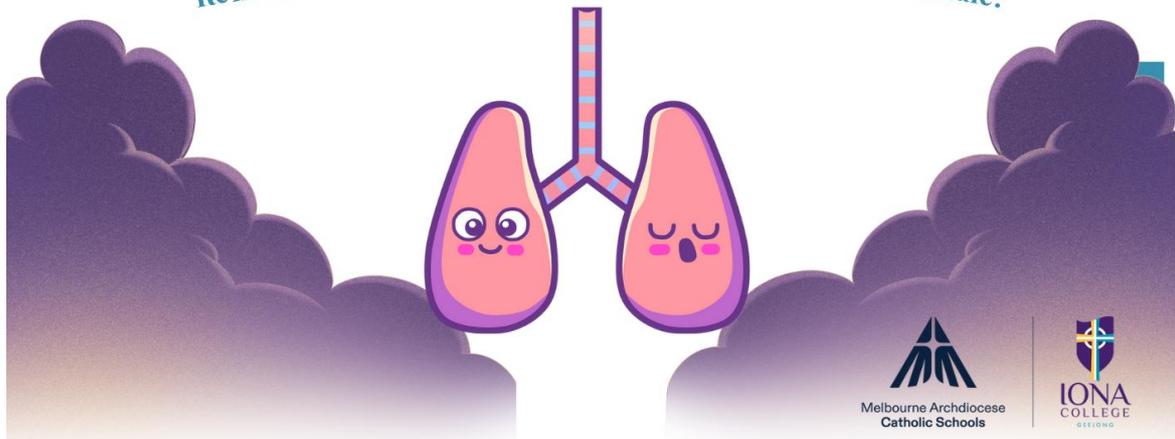
Breathe in for five seconds and breathe out for seven seconds.

Keep your attention on the sensation in the body as you breathe.

As the minutes pass, lengthen your inhales and exhales as much as you're able.

Don't strain, but encourage yourself to breathe more deeply.

Remember that the exhale should be longer than the inhale.



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 us know about 'sleep hygiene' strategies. These are sensible practices which help us with our sleep (such as avoiding caffeine later in the day). However, many of us don't realise that sleep hygiene strategies are rarely sufficient to help us with insomnia.

Three Sleep Systems

There are three sleep systems which work together to help us sleep. Sometimes our efforts to fix sleep difficulties actually stop these sleep systems from working effectively. The three sleep systems are our circadian system (the daily rhythms our body has, our body clock), the arousal system (the level of alertness/activation we have during the day as well as when we are trying to sleep) and the homeostatic system (how much 'sleep drive' we build up over the day). If we can help our young people learn about their sleep systems, this information will help them have better sleep throughout their lives.

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

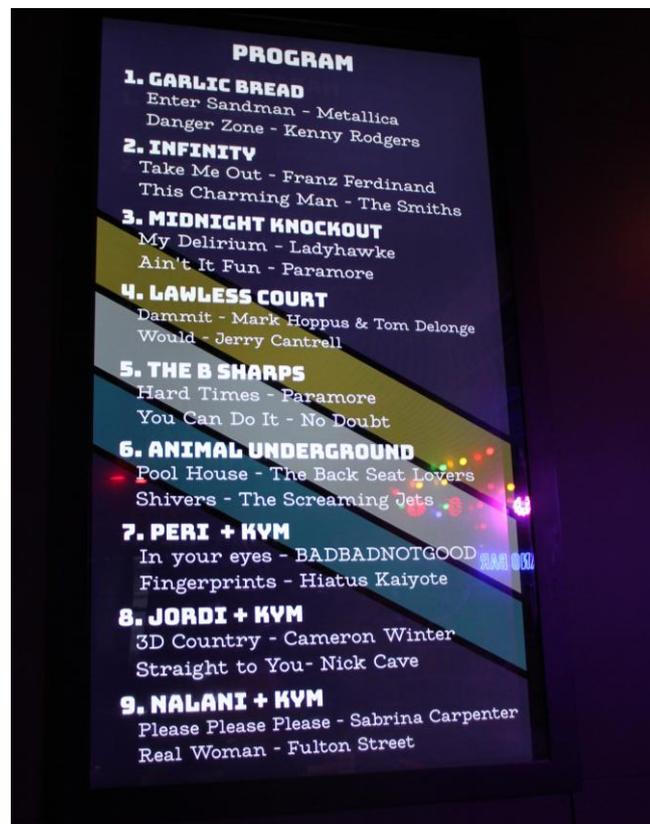
Music Department News



Our Iona musicians had the privilege of performing at The Piano Bar on Monday, 1st September. Andy Pobjoy and his team graciously hosted a night of "Iona Music". All of our contemporary bands performed, and our VCE students had the opportunity to "air" some of their final recital pieces.

I was really pleased with the 'community atmosphere' of the night. It was a great venue for families to get to know each other better while enjoying the music of our 'ever-developing' musicians. Special thanks go to The Piano Bar team for having us and supporting our musicians.

Jodie Townsend
Head of Performing Arts





Iona Pathways Press

The 5th September edition of the Iona Pathways Press [can be found here](#).

In this edition, you will find information about:

- Dates to Diarise in Term 3
- Careers/Pathways Meetings
- September School Holiday Programs
- Oxygen College Open Day
- *New Bachelor of Exercise and Sport Science/Master of Physiotherapy at Swinburne University*
- VCE Revision Workshops
- Difference between a Coroner and Medical Examiner
- Hospitality and Tourism Expo
- Torrens University
- Studying Law at RMIT
- Studying the Bachelor of Oral Health at the University of Melbourne
- Physiotherapy Degrees in Victoria in 2025
- Science Degrees in Victoria in 2025
- Snapshot of Whitehouse Institute of Design in 2025
- Moorabbin Air Museum Aviation Carer Expo

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)
Thursday 28 August	Year 7 Social Stencil – a Neuroaffirming social-emotional Program (6 pm - 7pm, Iona Resource Centre)
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 Father/Father Figure 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 Mother/Mother Figure and Student Evening (5:45 pm - 8 pm, Iona Stadium)
Thursday 11 September	Combined Choral Collaboration (Iona Stadium)
Tuesday 16 September	Parent/Carer Partnerships Evening with Daniel Principe (6 pm, Iona College Resource Centre)
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 that tomorrow, Friday 5 September, is our student-free Day (Staff Professional Development). As mentioned above, the Office will be closed for this Staff Spirituality Day.

Thanks for your support.

Damian, Kylie and Melissa