

**11 September 2025**

Dear Parents and Carers,

Carlo Acutis (1991–2006) was an Italian teenager known for his deep Catholic faith and devotion to the Eucharist. Born in London in 1991 but raised in Milan, Saint Carlo loved gaming, computer programming, soccer, Pokémon, and his dog Billy. While neither of his parents was religious before he was born, he identified as a devout Catholic from an early age and devoted his life to sharing his love of Jesus. A gifted computer programmer, Carlo created a website cataloguing Eucharistic miracles around the world to share his faith with others. He died of leukaemia at just 15 years old. He was beatified in 2020 and canonised on Sunday by Pope Leo XIV. More information on Saint Carlo [can be found here](#).

Dear God,

We rejoice in the sainthood of Carlo Acutis, canonised on Sunday.  
May his love for the Eucharist, his use of technology to spread faith,  
and his joyful spirit inspire students everywhere.

Help us to follow his example of being kind, faithful, and creative in our daily lives.  
St. Carlo, pray for us.



Last Friday, our staff community attended our annual Catholic Identity Day. This is an important opportunity for us to reflect on our understanding of faith in our Catholic context. Pilgrimage is one of the pillars of the 2025 Jubilee Year; we are called to be Pilgrims of Hope. This was the overarching theme of the day, as we embarked on a mini pilgrimage to Big Rock in the You Yangs.





Kristi, a Wadawurrung Traditional Owner, welcomed us to Country and shared her knowledge about the cultural significance of the area, including its use thousands of years ago. The experience included the privilege of participating in a smoking ceremony and listening to a dreaming story about The Three Sisters. Time on Country prompted reflection on its connection to the Catholic concept of Eco-Spirituality and the call to care for our common home. The goals of Laudato Si were explored, highlighting the shared responsibility in caring for Country.

The afternoon session consisted of a keynote address by Sam Clear. Sam discussed his pilgrimage in 2006, walking 15,600 km across 20 countries to promote Christian unity, facing many dangers along the way. Despite the difficulties encountered, Sam found kindness and generosity in strangers across 20 countries. Sam Clear's heartfelt commitment to his faith left a lasting impression, as his powerful reflections both inspired and challenged us to think more deeply about unity, resilience, and purpose.

Staff were deeply grateful for the opportunity to engage with faith and spirituality in a meaningful way, reflecting on how these themes continue to shape and enrich the Iona community.

### College Mass – Thursday 18 September

A reminder that on Thursday 18 September, all students are required to wear their full formal uniform for our College Mass.

We encourage families to take the time now to check that your young person's formal uniform is ready and still fits comfortably ahead of the day.

### Australian Catholic Youth Festival (30 Nov – 2 Dec).

Last week, a group of our Year 9 and 10 students attended the Australian Catholic Youth Festival Student Leader Formation Day at the Catholic Leadership Centre. Throughout the day, they engaged in a range of activities and reflections exploring what it truly means to lead, to serve, and to witness in their faith. They are now excited to encourage their peers in Years 9–11 to join them for the Australian Catholic Youth Festival at the end of the year (30 Nov – 2 Dec). This festival is a wonderful opportunity for young people to come together, deepen their faith, and celebrate with the wider Catholic community. Each day will include the opportunity to engage in a wide range of activities, including prayer, Mass, workshops, talks, live concerts, games, justice issues and an interactive expo. More information about the Festival program can be found [here](#).

Students, from Years 9-11, who are interested in attending must email [Georgia.Lappin@iona.vic.edu.au](mailto:Georgia.Lappin@iona.vic.edu.au) or [Kristin.Flynn@iona.vic.edu.au](mailto:Kristin.Flynn@iona.vic.edu.au) to secure their place. We are looking forward to this wonderful opportunity for our students.

### Important Advisory Regarding Online Content – Warning

We wish to make you aware that a **graphic and deeply disturbing video** is currently circulating on social media and across the internet. The footage depicts the shooting of conservative activist Charlie Kirk, which occurred yesterday during a public event at Utah Valley University in the United States. The video shows the moment Mr. Kirk was shot in the neck while speaking on stage, and includes highly distressing scenes of visible injury and panic among attendees

While many news outlets have chosen to report responsibly, the unfiltered footage has spread widely online, particularly on platforms such as X (formerly Twitter), Tik Tok and other internet sites.

We strongly advise you to discuss/monitor your young person's online activity. This type of content would affect most people especially young people. Please consider reminding your young persons about the importance of digital wellbeing and the potential psychological impact of viewing traumatic material. If you or anyone in your care needs support, please reach out to wellbeing services or trusted professionals.

Kylie Power  
*Deputy Principal Wellbeing*

### Columba Day Celebrations Reminder



Columba Day is next Week! 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

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

**Food:**

- Iona 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.

# 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) \$13.00**

**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

### Parent Workshop with Daniel Principe

**Date:** Tuesday, 16 September – 6:00 pm

**Venue:** Resource Centre, Francis Centre

On Tuesday, 16 September, we are delighted to welcome **Daniel Principe**, a highly respected youth advocate and educator, to Iona College. Daniel is recognised nationally for his impactful work with young people on healthy masculinity, consent and respectful relationships.

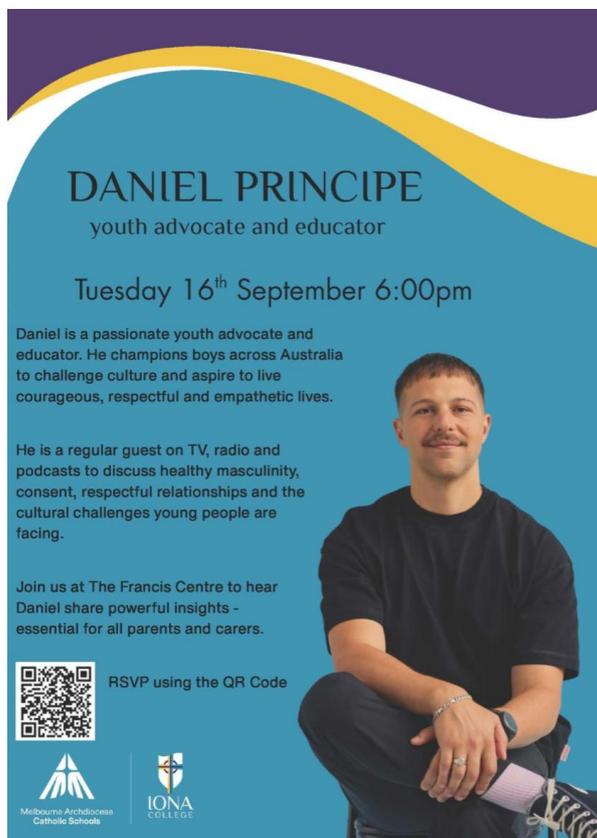
During the day, Daniel will work with our Year 9 and 10 boys through keynote and workshop sessions. That evening at **6:00 pm**, we warmly invite our **whole school community – parents and carers only** – to a special Parent Workshop with Daniel, held in the Resource Centre (Francis Centre). This event will provide practical and empowering insights for parents, covering:

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

Daniel's approach is engaging and thought-provoking, equipping parents and carers with valuable tools to support their children through adolescence.

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 16<sup>th</sup> 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 8: SHAKE IT OFF

Have you ever noticed animals shaking after a stressful situation? They do this as a way of discharging excess energy. Us humans benefit from doing the same, but we tend to suppress this. Shaking it off can be a surprisingly effective therapeutic exercise, both psychologically and physiologically as it activates the parasympathetic nervous system (rest and digest), helping to shift the body out of survival mode. Many people hold emotions in their bodies (tight shoulders, clenched jaw, etc.). Shaking can loosen up where emotions are physically stored and let you process emotions without needing to talk about them first. Not everyone is ready to talk through their emotions or trauma so it's ideal for those struggling to express their feelings in words. Additionally, by doing a conscious shaking exercise, you're tuning into your somatic (body-based) experience, which helps increase self-awareness and helps us track how emotions and stress show up physically.

### Shake it off exercise for stress release



Shaking is a great way to release excess stress from the body.



Standing or sitting, start by shaking or flicking the the left hand 5 times.

Now shake or flick the right hand 5 times.

Now shake both hands together.

Repeat as many times as necessary.



## YOUTH WORKSHOP

GEE LONG  
REGIONAL  
LIBRARIES



### THE PUPPET PROJECT: INSPIRE, CREATE, CONNECT

Explore your creativity in this engaging workshop by designing and constructing large-scale puppets! Also, increase your confidence and teamwork through shared performing.

Recommended age: 12-18.

Georgie Rose is a puppeteer and puppet maker based in Geelong, she has performed puppet shows locally and internationally and is passionate about puppetry in all its forms. Georgie enjoys sharing her love of puppets and storytelling with others through immersive workshops and helping others to discover and celebrate their creativity.



Tuesday 30 September 2025  
10.30am to 12.00pm  
Waurm Ponds Library

[grlc.vic.gov.au](http://grlc.vic.gov.au)

book  
now

All events are **FREE** unless otherwise specified.  
**Bookings essential.**  
Online [grlc.vic.gov.au](http://grlc.vic.gov.au)  
In person at any branch, or phone 03 4201 0500



## SCHOOL HOLIDAY PROGRAM



### Join the holiday fun at Torquay and Bial-a Armstrong Creek Libraries

Explore the theme of **Design and Discover** these school holidays, with free and fun activities perfect for young people aged 12+.

Build your skills in art and design with our engaging workshops

Scan the QR code for the full details of these events.

Bookings open two weeks before the school holidays start.



[www.grlc.vic.gov.au](http://www.grlc.vic.gov.au)

book  
now

All events are **FREE** unless otherwise specified.  
**Bookings essential.**  
Online [www.grlc.vic.gov.au/events](http://www.grlc.vic.gov.au/events).  
In person at any library or phone 42010 667

**Fantasy Lands Ages 12+ (Torquay)**  
Tues 23 Sept, 2:30pm - 4:00pm

**Neurographic Art Ages 12+ (Torquay)**  
Mon 29 Sept, 2:30pm - 3:30pm

**Movie Time - bookings recommended (Bial-a Armstrong Creek)**  
Friday October 3: 4.00pm - 6.00pm





### Sleep Wellbeing, Weekly Grab

#### **Our Circadian Sleep System – the Body Sleep Clock**

The daily rhythms of our bodies help signal when it is time to sleep. A regular body clock (similar times going to bed and getting out of bed, eating meals and going outside for the first time in the day) helps us be able to sleep when we want to and wake up when we want to. It helps us get a more restorative sleep. Many of our young people can struggle to have a regular body clock. This is because a very normal part of young adulthood is having a sleep cycle which falls later in the day than it used to – basically, many of our young people become more like ‘night owls’. Being a night owl is often at odds with getting up and ready for school in the morning. Young people can try to compensate for feeling tired by sleeping in on the weekends and having irregular times when they get up during the week. This can make them feel grumpy, tired and have difficulty concentrating.

Young people can learn about their own unique body clock and how to work with it by collecting data using a Sleep Tracker. One specially designed for young people can be [downloaded here](#). The Doze app is another way young people can collect information about their sleep cycle at <https://www.dozeapp.ca/>.

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*

### Iona Pathways Press

The 11<sup>th</sup> September edition of the Iona Pathways Press [can be found here](#).  
In this edition, you will find information about:

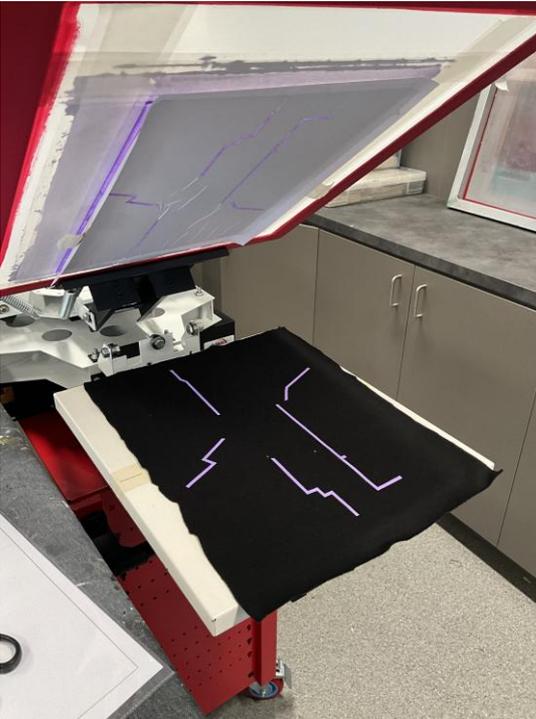
- Dates to Diarise in Term 3
- Careers/Pathways Meetings
- September School Holiday Programs
- Oxygen College Open Day
- Hospitality and Tourism Expo
- VTAC 2026 Upcoming Key Dates
- Australian Jobs Guide 2025
- Studying Science at the University of Melbourne
- On-demand Webinars at Deakin University
- Undergraduate Webinar Series at La Trobe University
- Health Student Experience Days at Monash University
- Westpac Young Technologists Scholarships
- Diploma of Nursing Pathway at Box Hill Institute
- Psychology Degrees in Victoria in 2025
- Speech Pathology and Audiology Degrees in Victoria in 2025
- Snapshot of William Angliss Institute (WAI) in 2025

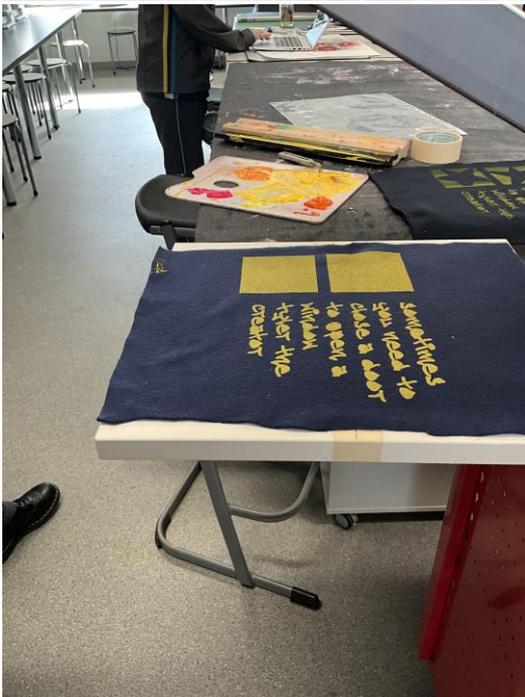
### Art Department News

The Year 9 Product Design (Non-Resistant) students have been working hard to complete their canvas tote bags. Each student has created their own unique, hand-generated design concept with fabric markers. Using their new sewing machine skills, they have pinned and sewn together their own tote bags.

The Year 10 Product Design (Non-Resistant) students have been busy undertaking their screen printing trials for their major assessment. This stage has students testing out their initial ideas, so they can adjust ready for their final hoodie design. These classes have had a true creative buzz to them, with the students getting to enjoy the tangible process of screen printing whilst gaining industry-relevant skills.







### 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.

Just a reminder that Iona College will finish early on Friday, 19 September, with students finishing at 2:05 pm, buses running to the adjusted timetable and the College Office closing at 2:45 pm.

Thanks for your support.

Damian, Kylie and Melissa