

18 September 2025

Dear Parents and Carers,

This week is an exciting week for Iona. Today we celebrated our Columba Day School Mass, this evening we have students and staff taking part in Lorne 120 and tomorrow we finish off the term with Columba Day. It was wonderful to gather as a community this morning for our College Mass, celebrating our Patron, Saint Columba of Iona. The mass was celebrated by Fr. Joel Peart from Nazareth Parish and supported ably by our student readers and assistants. It is great to see our students taking such an active role in these important celebrations, which are an integral part of our catholic story.



Columba Day is set to be an amazing day of celebration, reflection and connection. Some highlights will be Iona's inaugural House Music competition, the staff vs students AFL match, the staff dunk tank, and welcoming back our Lorne 120 participants. As well as completing an incredible 120 km run from Iona College to Lorne and back, these students and staff have raised much-needed funds for and awareness of St Mary's School in Uganda. This is a wonderful example of service and fulfilling our College motto, *Learning to Change the World*.

On Columba Day, we celebrate our school. We pause to look at what we have achieved and look forward with excitement at what is yet to come, reflecting on how we will continue the story. Tomorrow is a significant day for our Year 12 cohort, many of whom are foundation students, as it is their last Columba Day. We hope they can celebrate the day with pride, knowing that they are an integral part of the Iona story. They are leaving a legacy, shaped by compassion, courage, leadership and excellence that will have a lasting impact on generations to come.

Prayer of St Columba



Be O Lord,
a guiding star above me,
a smooth path below me,
a kindly shepherd behind
me
and a bright flame before
me;
today, tonight and forever.

Amen.

As we approach the end of the term, we take this opportunity to farewell and acknowledge three valued members of our staff who will be finishing up their time at Iona. Wayne Walsh, a member of our Foundation teaching staff since 2020, has made a significant contribution to the culture, programs, and community of our school. His contributions have helped shape the learning environment and foster a strong sense of connection among students and staff alike.

We also extend our gratitude to Gavan Turley, a member of our Grounds and Maintenance team. Gavan's hard work and care have played an important role in maintaining and enhancing our school environment. Kiyoe Turley, who departs the College after 2.5 years as Canteen Assistant, has been a warm and familiar presence, generously feeding and serving our students and staff. We thank Wayne, Gavan and Kiyoe for their dedication and service, and we wish them all the very best in their future endeavours.

Help Us Keep You Informed -Short Survey Reminder

If you haven't yet completed our Communications Survey, we'd love to hear from you. This short, anonymous survey gives parents and carers the chance to share feedback on how you prefer 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 matter most
- Your preferred ways to receive information

The survey only takes a few minutes, and your feedback will play an important role in shaping how we keep our community informed in the future.

Complete the online survey [via the following link](#).



Columba Day Celebrations Reminder



We're looking forward to celebrating Columba Day tomorrow.

A few final reminders:

What to wear: Students are encouraged to dress in House colours:
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:** 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 aoli 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 (CF)
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
Crunchy bao bun & chips Kid's fried chicken Meal \$13
Fried chicken & chips

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

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, chili 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 fillethead, 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, chili 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

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

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

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



LONA
COLLEGE
GEE LONG



Year 12 Holiday Trial Exams

All scored Year 12 VCE students, along with any Year 10 and 11 students enrolled in a scored Year 12 subject, will sit their Trial Exams during the upcoming school holidays. These will run at the College from Monday, 22 September to Thursday, 25 September. Specific exam times have already been emailed to parents, carers and students.

The Trial Exams are a compulsory component of each student's Unit 4 studies, and most will be marked by external VCAA examiners, providing a valuable opportunity to experience the demands of the end-of-year assessments.

Students are required to make their own way to and from the College, as buses will not operate during the holidays. On arrival, students must report to the Glowrey building rooms GA401 and GA402 at least 15 minutes before each scheduled exam to hand in their mobile phones for secure storage. These rooms will be supervised, and students may leave their belongings there while sitting exams. Students with both a morning and afternoon exam may remain at the College in the Glowrey Centre between sessions, but will need to bring their own food.

Any questions or concerns can be directed to Kate McLaren (Head of Learning and Innovation) at kate.mclaren@iona.vic.edu.au or Anthea Sholl (VCE Coordinator) at anthea.sholl@iona.vic.edu.au

Kate McLaren
Head of Learning and Innovation

WEEK 9: 80TH BIRTHDAY CELEBRATION

This week is an ACT (Acceptance and Commitment Therapy) exercise, designed to help individuals clarify their values, a core component of ACT. This exercise helps clarify what truly matters to you by imagining your life from a future vantage point (your 80th birthday). This creates space for deeper reflection on your core values, promoting long-term meaning over short-term avoidance or trivial pursuits. The aim of this activity is to connect you with your deeper values, like love, contribution and growth, shifting perspective and cutting through the noise of social pressure, perfectionism, or avoidance. It encourages flexible thinking by moving attention from unhelpful thoughts to chosen directions and provides a motivational foundation for action aligned with what matters most.



80 Year Old



★ BIRTHDAY CELEBRATION

Close your eyes now and imagine you are 80 years old, and that there is a birthday celebration in your honour - and everybody you care about is there to honour you - friends, family, work colleagues.

Now imagine one person who you really care about gets up to make a short speech about you - about the person you are, the life you've lived, what you stood for in life, and what you meant to them.

Imagine that they say and mean whatever it is you would most like to hear them say and mean.

Notice how you feel as they say these things.



First Aid Update



Just a reminder, if you'd like your student to be able to receive short-term, over-the-counter (OTC) medication at school (like Panadol for a headache or antihistamines for hay fever), a Medication Authority Form needs to be completed and signed by a parent/carer. This form can be uploaded directly to your student's profile or handed in at the office. This applies to school days and camps, including the upcoming Year 9 camps. We kindly ask all Year 9 parents to complete the form.

If students present to first aid requesting OTC medications, staff are unable to administer unless this form is completed.

Please note, this process doesn't apply to regular prescription medication or ongoing use of OTC medication, which must be authorised by a GP.

The Iona College Medication Authority Form can be found on Simon/PAM under Parent Links.

Kate Every
College Nurse

Wellbeing At Iona



Sleep Wellbeing, Weekly Grab

At Iona, we care for each other by supporting good sleep practices in our friends, family and other members of our school community. Our three sleep systems work together to help us have restorative sleep. The three sleep systems are our circadian system (the daily rhythms of 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). Keeping regular routines helps keep our circadian system (the body clock) in time.

Adjusting our Sleep Ahead of the Clocks Moving Backwards an Hour

Over the school holidays, it is important to keep as much as we can to regular hours otherwise, it is a huge adjustment for our system when school goes back and our young people can return to school more likely to feel rather grumpy, tired and have difficulty concentrating. We also have an extra challenge these holidays of rolling the clock backwards. With daylight savings there is always a bit of an adjustment for our circadian system. We can help our body by starting to make a gradual change, beginning around a week before. Each day, we can go to bed and get up around 10 minutes earlier than before. This way we can help our body clock we ready to start Term 4!

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



Choral Collective

On Thursday 11 September we were privileged to be able to host the Choral Collective for the third year running. The Geelong Heads of Music work together to help provide these collaborative opportunities for Geelong students and it is always nice to have our students working with their peers from other schools. On Thursday Saint Ignatius College, Oberon High School, Sacred Heart and St Joseph's College joined us for some fun choral singing. Each group sang their own repertoire, showing different styles and approaches. The night ended with an energetic performance of "Here Comes the Sun", "Can't Help Falling in Love", and the timeless "Sweet Caroline". Special thanks go to Cathy Wilson, Mark Benson, Jordi Kenyon and Ashton Hageman for being the "band" on the night, students involved and the staff that supported them. In 2026, Sacred Heart College will be hosting this event, and we are very much looking forward to being involved in this again.



VCE Contemporary Music – Final Recital

On Wednesday, 17 September, our four VCE Contemporary Music students held their final recital in preparation for their Performance Examinations in October. All VCE solo students prepare a program of 20 minutes of music for Outcome 1, which they perform to expert external examiners in the first few weeks of Term 4. Their programs need to show diversity in styles/techniques, and a special focus is on a “reimagined” work where they take a song they like and “make it their own”. Congratulations to our performers today. While it is a very exciting time for these students, it is tinged with emotion as we get closer to saying farewell to students who have been integral to our Music Program. We wish them all the best of luck for their Performance Examinations and hope that they will continue their musical journeys after leaving Iona.



Jodie Townsend
Head of Performing Arts

Iona Pathways Press

The 18 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
- Reminder: VTAC 2026 Upcoming Key Dates
- Bachelor of Educational Studies at ACU
- News from Monash University
 - Experience Day Workshops
 - Accounting Careers
 - Computer Science vs. IT
- Diploma in General Studies (DiGS) at the University of Melbourne
- Open Day Thursday at Holmesglen Institute
- RMIT: ATARs for International Students
- Hospitality and Tourism Expo
- Richmond Institute Final Information Session for 2025
- Agriculture Degrees in Victoria in 2025
- Human Resources Courses in Victoria in 2025
- Snapshot of CQU – Melbourne Campus in 2025

Alternate Student Drop-off/Pick-up Areas - Reminder

The recent addition of traffic lights at the intersection has provided our school community with a safe place to cross, we wanted to communicate a couple of drop-off/pick-up zones that we would like parents/carers to use so that we can try and reduce the amount of congestion that has been occurring at drop-off before school or at after-school pick-up in the Visitor carpark and along Donegal Drive.

Save Time

Using these alternate drop-off and pick-up points will save parents/carers significant time as your getaway will be significantly quicker than battling against the cars and school buses trying to exit the College from Donegal Drive and out onto Horseshoe Bend Road. Reducing congestion will also assist our many school buses to depart without delay.

Southern Drop-Off/Pick-Up Points

The first of these areas is along Horseshoe Bend Road to the south of the intersection, as shown in the photo below. It has capacity for a lot of vehicles, is safe, and there is also a gravel and concrete footpath for students to walk up to the traffic lights. Another area is either side of Boundary Road where houses opposite Iona start. This extends almost down to Ashbury Boulevard and down to the public bus zone on either side. Students enter/exit Iona College via a small gate on Horseshoe Bend Road near the basketball courts.



Northern Drop-Off/Pick Up Points

The photo below is of the newly developed section of Horseshoe Bend Road to the north of Iona College. There is a new pedestrian crossing that has been constructed between Ambitious Avenue / Walter Street and Hilltop Drive, with a newly constructed concrete footpath now running (200m) all the way up to Donegal Drive and the school entrance. There are several indented areas shown in the photo below, suitable for parents to drop off or pick up their young ones at/from.



Iona College currently has a submission in with Geelong City Council for them to supply school crossing staff for both this new pedestrian crossing on Horseshoe Bend Road and also at the Horseshoe Bend and Boundary Road traffic lights.

Strictly 'No Drop-Off' / Pick-Up Zones

As the safety of our entire school community is paramount, we request that parents/carers abstain from dropping off or picking up their young ones in the following two areas:

1. Along Horseshoe Bend Road between the pedestrian crossing and the traffic lights.
2. Anywhere in Donegal Drive.

Thanks for your cooperation.

Carl Jones
Transport Coordinator

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
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)

Term 4 2025 Dates to Remember

Date	Event
Monday 6 October	Student Free Day (Staff Professional Development)
Tuesday 7 October	Term 4 Starts
Tuesday 14 October	Year 7, 2026 Parent Information Night (Online)
Thursday 16 October	Summer Soiree
Tuesday 21 October	Whole School Assembly (Formal Uniform Required)
Tuesday 21 October	Year 12 Arts and Technology Exhibition (5 pm - 5:45 pm)
Tuesday 21 October	Year 12 Graduation Mass (6 pm, Iona Stadium)
Wednesday 22 October	Year 12 Celebration Session
Thursday 23 October	Year 12 Graduation Dinner
Wednesday 22 October - Thursday 23 October	Year 9 Camp (Group 1)
Thursday 23 October - Friday 24 October	Year 9 (Group 2)
Tuesday 28 October	VCE Unit 3 & 4 Exams Begin
Monday 3 November	Student Free Day (School Closed for Mid-Term Break)
Tuesday 4 November	Melbourne Cup Public Holiday
Wednesday 19 November	Year 8 Passion Project Expo (1:30 pm - 3 pm)
Monday 17 November - Friday 21 November	Year 10, 11 and Unit 2 Exams
Thursday 20 November	"Inspired" Art and Technology Exhibition of VCE Work
Monday 24 November	Student Free Day (Staff Professional Development)
Wednesday 26 November	Year 7 Passion Project Expo (1:30 pm - 3 pm)
Wednesday 26 November - 3 December	Ignite Program (Years 10 -12)
Wednesday 3 December	End of Year Mass (Formal Uniform Required)
Thursday 4 December	Term 4 Concludes (3:05 pm)
Thursday 29 January	Year 7, Year 12 and All New Students to the College Start
Friday 30 January	Years 8-11 Commence

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 College Office will close at 2:45 pm tomorrow.

During the first week of the school holidays, the Office will be open from 9:00 am – 3:00 pm each day. The Office will be closed for the second week of the school holidays.

Thanks for your support.

Damian, Kylie and Melissa