

16 October 2025

Dear Parents and Carers,

As we find ourselves in the busyness of Term 4, it is important that we take time to look beyond ourselves and reflect on what's happening around us. Pope Leo's prayer intention for October, for collaboration between different religious traditions, feels especially meaningful given the challenges and uncertainties facing the world today. Pope Leo invites us to 'join in praying that believers in different religious traditions might work together to defend and promote peace, justice and human fraternity'. Here is an extract from this prayer.

Jesus,
You, who in diversity are one
and look lovingly at every person,
help us to recognise ourselves as brothers and sisters,
called to live, pray, work, and dream together.
We live in a world full of beauty,
but also wounded by deep divisions.
Give us your Spirit to purify our hearts,
so that we may recognise what unites us
and, from there, learn again how to listen
and collaborate without destroying.
May the concrete examples of peace,
justice, and fraternity in religions
inspire us to believe that it is possible to live
and work together, beyond our differences.
Amen.

Year 12 Graduation Week

Next week marks a very special milestone in the Iona calendar; our first group of Year 12 students will be graduating. We look forward to celebrating this important week of reflection and festivities with our graduating class. As part of the celebrations, we will hold our final whole school assembly with the Year 12s on Tuesday, 21 October. We ask that all students wear their full formal uniform for this occasion. Our thoughts and prayers are with our graduating students and their families as they prepare to farewell Iona and take their next steps beyond the College. May this week be filled with joy, pride and gratitude for all that has been achieved.

The Australian Catholic Youth Festival

The Australian Catholic Youth Festival (ACYF) is a national gathering of Catholic young people, and this year, it takes place in Melbourne from 30 November to 2 December. Run over three days, the festival provides young people from all across Australia with the opportunity to come together to connect, deepen their relationship with Jesus, be empowered to live their faith in the world and experience the breadth of the Church in Australia.

If you are interested, please email Kristin.Flynn@iona.vic.edu.au by 24th October. There is no cost for students to attend this event, and students will be supervised by Iona College staff. Please see the [following video](#) for more information.

International Day for the Eradication of Poverty, 17th October.

Tomorrow, the church asks us to think about those in our community living in poverty. As a school, we are very generous in supporting those who most need our help. This year, we have raised money for St Mary's feeding program in Uganda, Caritas, St Vinnies, Our Village and many other organisations.

This month, we are asking our families to think of those within our local community who are going hungry. According to research conducted by 'Give Where You Live', 14 % of Barwon residents went without food in the past year. If you are in a position to help, please donate via the QR code below or [via the following link](#). You could join the 'lunch money challenge' and donate what you may have spent on a bought lunch to the foundation.

Thanks for your ongoing support of our social justice initiatives.



Music Department News



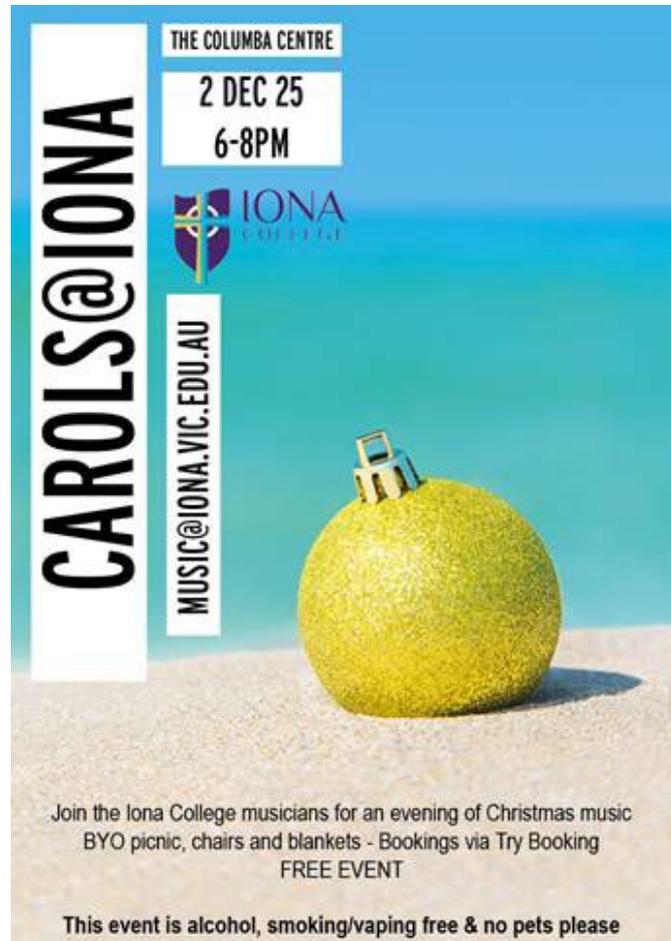
Interruptions to Co-curricular Music Program

Due to VCE exams, there will be some temporary interruptions to our Co-curricular Music Program during the week of Monday, 28 October – Thursday, 31 October. All parents and students involved have been notified directly, but please check your emails for full details.

- No Concert Band, Strings, or Contemporary Bands will run that week.
- Some individual music lessons will also be affected.

We appreciate your understanding and support during this busy exam period.

Carols@Iona



Our much-loved **Carols@Iona** is back again this year. This festive community event is a wonderful way for families to come together and celebrate the joy of the season.

Enjoy great music, sing-along moments, face painting, snacks, and plenty of Christmas cheer.

Date: 2 December, 6 pm – 8 pm

Location: Iona College Columba Centre

Tickets: Free, but bookings are essential so we can plan for numbers.

Please book your tickets via TryBooking: <https://www.trybooking.com/DGPME>

Pop the date in your diary and join us for a fun and festive evening with the Iona community.

Jodie Townsend
Head of Performing Arts

Weekly Emotional Regulation Strategy

EMOTIONAL REGULATION STRATEGY - BODY SCAN

The body scan is a mindfulness meditation practice that involves slowly and systematically directing focused attention to different parts of the body, usually from head to toe or vice versa. It offers several mental health benefits, primarily by activating the parasympathetic nervous system (the body's "rest and digest" mode) which helps counteract the stress-induced fight-or-flight response. This practice increases awareness of physical sensations, allowing individuals to notice areas of tension or discomfort. By observing these sensations and staying present, the body scan trains the mind to pause before reacting emotionally, improving emotional regulation. It also helps interrupt patterns of rumination and overthinking by redirecting attention away from repetitive, unhelpful thoughts. Overall, the body scan supports mental well-being by calming the nervous system, enhancing mind-body connection, improving emotional responses, promoting better sleep, and fostering mindfulness. When practiced consistently, it becomes a simple yet powerful tool for long-term mental health support.



Body Scan

01 Settle In

- Close your eyes or soften your gaze.
- Take a few deep breaths, allowing your body to begin to relax.

02 Bring attention to the feet

- Notice sensations in your toes, soles and heels.

Move Up the Body Gradually

03 Ankles → Calves → Knees → Thighs → Hips → Lower Back
Abdomen → Chest → Shoulders → Arms → Hands → Neck
Face → Head

04 Notice Thoughts and Emotions

- If the mind wanders, gently return to the body part you were focusing on.
- If emotion arises, notice where it sits in the body (tight jaw, fluttering stomach etc.)

05 Finish the Practice

- Take a few deeper breaths.
- Slowly bring your attention back to the room.
- Gently open your eyes.

Indonesian Language Learning Ambassadors (ILLA) Program

This term, our Indonesian students are fortunate to have multiple learning and enrichment opportunities, facilitated by Pak Hakim of the Indonesian Language Learning Ambassadors (ILLA) program. Pak Hakim has been teaching our students about the Lampungese language and script, traditional arts such as batik making, and ceremonial customs and traditions. We look forward to the continuing cultural engagement opportunities from our ILLA visitors, underpinning the critical relationship between Indonesia and Australia. We know our students will benefit from the ILLA program's valuable insights and hope this inspires continued interest in language, culture and ceremony, as our school community works towards developing citizens of the world.





Iona Pathways Press

The 16th October edition of the Iona Pathways Press [can be found here](#).

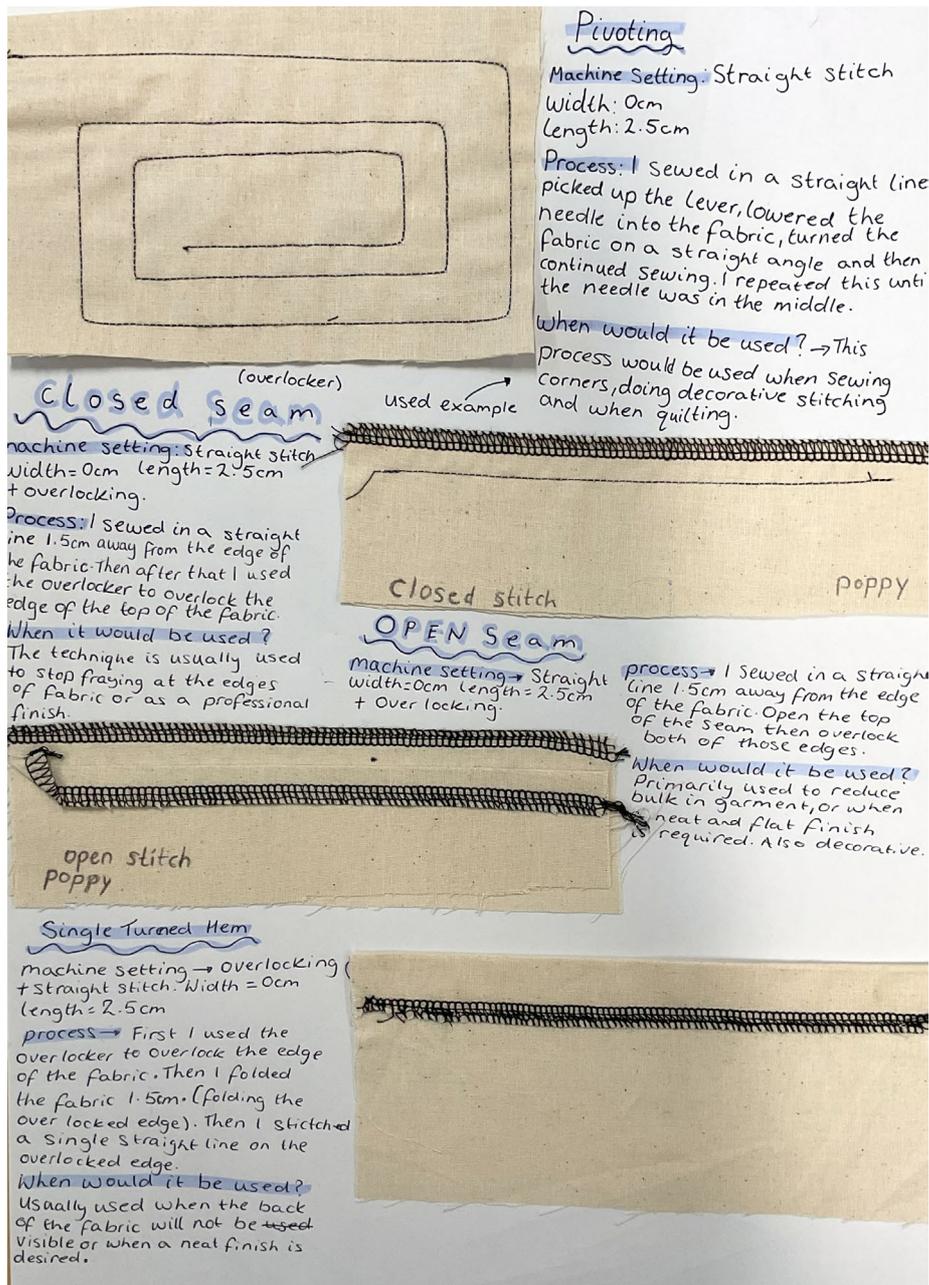
In this edition, you will find information about:

- Dates to Diarise in Term 4
- Iona Careers Message Board
- VTAC 2026 Upcoming Key Dates
- Useful Tips for a University Degree Wannabe (UDW)
- How to be Successful in my First Year of Uni?
- Part-time Job Opportunity
- Low Income Health Care Card for Australian and PR Students
- Useful Websites and Links
- Study Abroad & Exchange Programs offered by Victorian Universities
- Scholarships to Study Abroad
- Links to Victorian University Clubs & Societies
- Useful links to Victorian Universities Student Support Services
- University Terms
- Melbourne Cricket Education Academy Info Sessions and Tours

Art Department News

Year 9 Product Design Non-Resistant (Textiles)

This week, we are sharing some fantastic results from the Year 9 Product Design students' Tote Bag Task. The strong folio pages have supported the outcomes of their tote bag design. Design electives provide students with an opportunity to work through tasks and build their folio, which becomes equally as important as the final design. For the tote bag task, this included a library of sewing samples, research, idea generation, design process, and production.

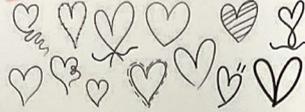




Tote bag designs



1.) I like the colours of this design and how the hearts are straight. I would probably change the design of the actual heart.



2.) I like the different design of shapes of the hearts. The thing I would do is use number six or three heart and just do those hearts.



3.) In this drawing I like the different tone and textures on the shell and starfish. I would probably change the type of shell in the photo if I did the design.



4.) I like the pattern of stripes in this photo and the colour palette that is used. The size of the stripes to I like because it looks nice and neat.



5.) I like the different designs and textures of the surfboards and how they are different colours but fit well together in the photos. I would change the direction of the boards.



6.) The flower in this photo is a hibiscus flower which is one of my favourite flowers from the shape and texture of the petals to the vibrant colour. If I used the design on my bag I would do one flower, add some leaves and do a softer pink colour.



7.) I like the different textures and shapes of the jellyfish and how they don't all have to be the same. I could do different colours or shapes. Have them going diagonal.



8.) I like how it's a different style instead of just drawing a butterfly. I like the different sizes and textures in the drawing. If I did the picture I would change the flower to a hibiscus instead of a rose and put colour in like blue or light pink. Maybe a purple.



9.) I like the different tones and textures of the stars how there all not the same. I would probably add more detail and colour.



10.) I like how the fruits are not all the same shape and how some are cut and some are whole. If I did this design I would use brighter colours and only have fruits not adding plants/leaves.



11.) I like these ocean animals because of the different texture and tones it uses. I like how it doesn't just invoke the animals. If I used this I would add colour and not as much animals.



12.) These plants stand out to me because I like the way it is like they haven't lifted their pen while drawing. If I were to use this as an idea I would colour it in properly.

Design Process



- Hear I tried blending the colours for a different tone but didn't really like the overall look.

COMBOS

- Light blue + white → need more lighter.
- Not good
- Swampy colour
- Getting soft fluro pink → bit to bright
- Good colour
- Stadler Pen → to dark
- Also pastel green → bit to green
- Good stripe colour
- nice colour beige + pink → could use as stripe
- beige
- inside the flower

finished produce

- Colour used for the hibiscus flower are pink and beige Surf Paint Pen. I like how the colour fit the most well together.
- I will add darker ~~at~~ darker tone in the middle of the flower to add something to it. colour
- I like how its only one colour for the stripes which the colour is white.

Colours

Stripes: beige or white

Just white looks nice

- Was going to do these stripes but I didn't want to use the same colour from the flower.

The blue for the stripe is way to dark. Didn't go with pink. Could of done a lighter blue but none of the testers or pen were nice enough for my liking.

Combos

- Didn't like the look of the combos and I felt it lacked the surf paint pens.
- Was going to use the fluro pink for the outline of the flower but it was to bright and didn't match the pastel look I was heading for.

Design process

Colour combinations:

- here I tried many combos of colours for the waves. I was leaning towards more the pink + yellow at first but loved the more simpleness with the white.

fav combos:

- = white + pink
- = pink + yellow
- = yellow + white
- = pink + neon pink
- = blue + white
- = yellow + blue

love these colours together but too bright.

definitely not those exact pinks but possible.

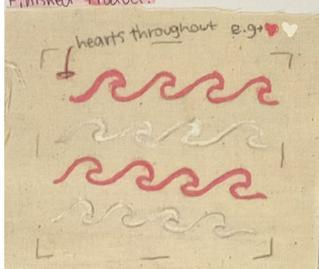
both shades

Potential designs:



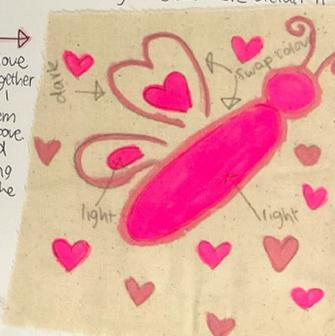
- love the both shades of pink.
- I really want to do the hearts throughout the page but not be the main focus.
- I did start off with the butterfly but fully changed my focus to the waves.
- I feel like the butterfly needed more detail if I did it.

Finished products:



- hearts throughout e.g. ♥♥
- I fully switched my focus from the butterfly to the waves but still including the hearts in the background.
- I still love the two different colours but much prefer the white being included.

Final Design:



- I didn't love the colours together which is why I swapped them like the one above.
- I still loved the hearts being two colours in the background.



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
Monday 17 November - Friday 21 November	Year 10, 11 and Unit 2 Exams
Wednesday 19 November	Year 8 Passion Project Expo (1:30 pm - 3 pm)
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)
Tuesday 2 December	Carols@Iona (6 pm - 8 pm)
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.

Thanks for your support.

Damian, Kylie and Melissa