

IONA COLLEGE



A Catholic Boys' College conducted by The Missionary Oblates of Mary Immaculate.

Monday 28 April 2020

Dear Families of Iona,

This short message is to wish you well and to let you know that you are all in my thoughts and prayers during this time.

There is no doubt that everyone has been affected by these times and it is definitely a real challenge to face it all. I would like to sincerely commend all families who have tried their very best in these times. I really hope that if you have any need, that you are reaching out to friends, school or community. I encourage you to *Never Worry Alone* during this time.

I also just wanted to let you know that we are now into Week 2 of our At Home Pilgrimage for Religious Education. Week 1 was perseverance and Week 2 is honesty.

The boys were invited to watch videos on perseverance <https://www.youtube.com/watch?v=byxCdPBeFqM&t=32s> and honesty <https://www.youtube.com/watch?v=8l1hYo3Xllc&t=5s>.

We also gave them a series of challenges to attempt and I thought I would include them below so that you can join or support them during this time. These documents show that boys have always got something to do if technology becomes difficult.

At the end of the week there will be an opportunity to provide feedback on the first two weeks of the At Home Learning experience. The feedback gained is a valuable way to positively help contribute to the learning both here at the College and at home. I encourage you to make use of this process and please be assured that your partnership during this time is deeply valued and appreciated. I would like to commend Mr Goodwin for his leadership of our community and I give thanks for all staff, students and families who have contributed so positively.

We also experienced the very sad passing of Zach Robba (Class of 2014) and there was a moving tribute to him by the College community at the end of his funeral. You might like to take a look to feel a part of the service. <https://www.youtube.com/watch?v=4UfOMRc9T3w&t=15s> May He Rest in Peace.

Please reach out if you have any need that you feel we could be of assistance.

Take Care and God Bless
Fr Michael

PROSPER Challenge – Week 1

Iona PROSPER Challenge – teacher/student to make a selection from these –
The goal is to complete at least 10 of these challenges with at least 3 coming
from the yellow highlighted areas.

1. Complete a small project that you have been putting off. How did you pick the project? Why have you been putting it off.
2. Set a new goal today, list 2 potential obstacles that may come up, and ways that you will overcome them.
3. Learn how to pray the ancient prayer of the Rosary and see if you can pray a full 5 decades of the Rosary at least once in the week.
4. When I think of Perseverance I see..... I hear I Feel..... (at least 30 words for each)
5. Try and make the ritual of the sharing of a story of perseverance from each person at the table when you each have a meal together.
6. Create an emoji that shows a face of perseverance
7. Please read pages 12-43 of the Iona College History Book and reflect on three reasons why you think perseverance was most necessary in the origins of the College. (counts as two challenges)
8. Create a gorilla logo where the “Beast” is demonstrating perseverance.
9. Choose to do a difficult jigsaw puzzle with a family member and use the time to talk about obstacles that you may have overcome in the past.
10. Weed part of the garden thoroughly and try and think of something positive about a person in your family or friends for every weed. It may take the form of a prayer.
11. Ask your parents to describe a time in their family where perseverance was most needed.
12. Teach someone in your family a new skill or game and record the steps you took in teaching them.
13. Ring an older family member (perhaps a grandparent if possible) and ask them what their understanding of perseverance is and what obstacles they have overcome in their lives
14. Write a poem or short story on perseverance in faith during this COVID-19 era
15. Find a song that has perseverance as a theme and in which setting would it best be used.
16. Complete the detailed colouring page of faith. (Primary Only)
17. Create your own work of art that you believe demonstrates perseverance of faith with an explanation of your creativity.
18. Try and think of a sports team or music group that have demonstrated great perseverance. What obstacles did they overcome and what lessons can be learned?
19. Read the story Wombat Divine and share what insights about perseverance, faith and belonging that you have found.
20. Spend 10 minutes in silent prayer using a three-fold breathing technique. Breathe in for 3 seconds, hold for three seconds and breathe out for three seconds
21. Research the concept of KIA KAHA and reflect where you see this in the faith life of the College.
22. Listen to a Gregorian Chant on your phone or computer with your eyes closed and try to keep them closed for the entire song. What images or thoughts were you able to imagine while at this challenging task.

23. Fr Lewy recently celebrated 60 years of being an Oblate and Fr Michael has recently celebrated 30 years of being an Oblate. Perhaps you might like to write them a letter of encouragement for their perseverance in faith.
24. Read St Paul's Letter to the Romans.
25. The College has recently been producing Personal Protective Equipment (PPE) for front line healthcare workers and we are sending handwritten messages of support to accompany them. Perhaps you could write two letters of support that focusses on their strength of perseverance.
26. Student/Staff free choice of activity that demonstrates perseverance. (Get teacher approval before trying)

PROSPER Challenge – Week 2 – Honesty

Please complete at least 10 challenges – with at least three coming from the highlighted yellow options.

1. Retake the character strengths survey with the main goal to be answering every question in the most honest way possible.
2. Write a letter to someone you care about very much and be really honest about the way you feel.
3. Write a reflection on what honesty sounds like, look like and feels like.
4. Write a poem that expresses an inner truth you feel about God.
5. Have you ever received a consequence for telling a lie that you actually know ended up being a good thing for you? Please tell the story of what happened in approximately 100 words.
6. Create an emoji representing honesty.
7. Create a graphic of a Gorilla representing the character strength of honesty.
8. Can you explain the difference between privacy and secrecy in a person's life?
9. What do you believe to be the relationship between honesty and integrity?
10. Try to not speak a single untruth for the entire week and dedicate that to God.
11. Can you suggest three strategies to help a person become more truthful?
12. Try to talk with a family member on the challenges of honesty.
13. Are you good at keeping your word? The challenge for the week is to make your "yes" to mean "yes" in keeping your word on promises.
14. Watch the video of Zach Robba's funeral journey down the front drive – do you have an honest faith belief of what comes next for Zach?
15. Why do you think every student at the College decided to be in the funeral procession for Zach, when it was voluntary to do so?
16. Have a look at your room. Does it reflect the way you are feeling inside? If you think that there is work to do for both your inside and the state of your room, then your challenge is to take some actions to help improve it.
17. Even in the most difficult times, do you think being honest, even if it gets you into trouble, is worth the effort?
18. What character strengths in your friends would help you to become more honest? The challenge would be to thank them for those strengths.
19. Have you ever said sorry for something that you actually would have gotten away with? Should you now tell the truth?
20. Give honest feedback to your teacher on the way in which you find this At Home Pilgrimage idea for Religious Education.
21. Keep a record of everything that you eat for three days and also include how many hours sleep you are getting each night.
22. Be honest...Are you spending too much time gaming during this At Home Learning Phase. Can you describe the difficulty in spending less time on it and what character strengths will you need to achieve that.
23. Write an honest and heartfelt letter of gratitude to three important people in your life
24. Find a song, sports team or inspirational story of honesty to share with your teacher.
25. When Jesus says the "Truth will set you free" what does he mean by that?

26. Watch this song from 1978 - <https://www.youtube.com/watch?v=SuFScO4tb0> – It says that “honesty is a lonely word” – What do you think Billy Joel meant by this?
27. Honestly spend 10 minutes in silent prayer and focus on breathing in for three seconds, holding for three seconds and breathing out for three seconds. Maybe think of things you have persevered with or are grateful for.
28. Pray the Our father while looking in the mirror and reflect if you feel that God really does honestly love you.
29. Honesty Game One player is blindfolded, and the room is filled with obstacles (put a couple of chairs everywhere, leave all kinds of junk on the floor). The idea is that someone else will lead the blindfolded player through the room, by talking. Also known as Airplane. A helpful reader offered us an explanation for the name ‘Airplane’: The blindfolded (or just eyes closed) is led through a maze composed of furniture and the other actors. He is an “Airplane” lost in the fog being talked down by the “Air Traffic Controller”, who must remain in his/his “Tower”. Standing on a chair/rehearsal block lends visibility for the controller. The airplane also only has a limited amount of fuel left (1-3 minutes, whatever) to reach a safe landing (arriving at the Tower). The airplane is also allowed two “brushes”-limited contact with an obstacle. The third brush or a direct hit or stepping on something directly causes a “crash”. They may step around, over or under the obstacles. Also, the airplane can only fly forward. It can turn in any direction, however. The directions must be given from the pilot’s point of view; a good exercise for fledgling directors. You can also destroy all the trust you’ve built up in your class by completely clearing the deck and torturing the Pilot. Believe us, someone will suggest it. Check with you parents first.