30 October 2025

Dear Parents and Carers,

Firstly, we would like to congratulate our Year 12 2025 cohort on their successful graduation last week. They approached this important milestone with integrity, grace and gratitude. We hope all families and friends enjoyed the final celebration with their graduates on Thursday evening. We are confident that families are feeling as much pride as we are in their young people.

We would like to take this opportunity to thank everyone who contributed to making this special night such a success. In particular, our sincere thanks go to Mrs Julie Cole, Mr Nathan Pisani, and Ms Lauren Flint for the passion, creativity, and care they poured into creating a memorable celebration for our first group of Year 12 graduates.

We also extend our gratitude to the Administration team and all staff who worked behind the scenes to ensure the evening ran so smoothly. Everyone's efforts helped make it a truly unforgettable occasion for our students and families.

We would also like to congratulate the following students who received awards at the Graduation Dinner. Your dedication, effort, and contribution to the Iona community throughout your time here are truly appreciated.

Excellence in Sport Award
Ava Tadich

Performing Arts Service Award
Ashton Hageman

Columba Award Winners
Mitchell Penrice
Isabella Dunne

Principal's Award
Alessandro Montalto
Luca Fraser

242 Horseshoe Bend Road
Charlemont VIC 3217
p: 03 5229 0004
e: reception@iona.vic.edu.au
iona.vic.edu.au

We wish all our graduates all the best in the weeks ahead, whether is it is sitting the VCE exams, exploring options for further study, or entering the workforce. Our prayers and thoughts go with you all.

November, the Month of Remembrance.

This weekend marks the beginning of November. This is significant time in the Catholic Church for reflection and remembrance. The end of November marks the end of the Liturgical Year, with a new year starting on the First Sunday of Advent – the four-week period of preparation before Christmas.

At the start of November, we take a moment to pause and reflect on two special days in the Catholic calendar, All Saints' Day, 1st November and All Souls' Day, 2nd November. All Saints' Day is about giving thanks for and remembering the lives of the saints who have lived with courage, compassion and faith. Their stories invite us to see holiness not as something distant, but as something lived out in daily acts of faith and kindness.

On this day it is important to acknowledge those officially named as saints, like our own Saint Columba and Saint Mary MacKillop. Yet we also hold close the memory of ordinary individuals in our own lives, those whose quiet acts of kindness and courage have helped make the world a better place.

On All Souls' Day, we pray for all those who have died. We turn our hearts to family, friends and those in our community. It is a time to quietly reflect on their lives, talk about them, light a candle or say a prayer. As we pass through November, we keep the loved ones of our community in our prayers and invite you to do the same.

World Teachers' Day

On Friday we will join with schools worldwide to celebrate World Teachers ' Day. It was a day to recognise our teachers, here are Iona College, and thank them for all the work they do to educate, inspire and empower learners. We are grateful to our teachers, who work in partnership with support staff and parents and carers, to grow young people who act with courage and compassion, show leadership and strive for excellence.

242 Horseshoe Bend Road
Charlemont VIC 3217
p: 03 5229 0004
e: reception@iona.vic.edu.au
iona.vic.edu.au

Iona College Uniform Policy - Reminder

At Iona College, we are proud to offer students the flexibility to choose between their formal and PE uniforms each day. This approach reflects our trust in students to make responsible choices and our commitment to fostering a respectful and inclusive school culture.

However, we are becoming increasingly concerned about a growing number of students who are pushing the boundaries of our uniform expectations. We are seeing issues such as:

- Inappropriate dress and short lengths
- Excessive or non-permitted jewellery
- Visible makeup, eyelash extensions, and false nails or nail polish
- Incorrect or non-uniform items being worn
- Mixture of formal and sports uniform items

These trends are not in keeping with the standards we expect at Iona, and they undermine the values of pride, respect, and unity that our uniform represents. Unless we see a significant improvement over the next month, we will be reviewing our current uniform policy.

We are asking for your support in reinforcing these expectations at home. Please take a moment to check your child's uniform before they leave for school and remind them of the importance of presenting themselves with pride and respect.

Together, we can ensure that our students continue to enjoy the privilege of choice while upholding the high standards that define Iona College.

The current uniform policy can be found online via the following link.

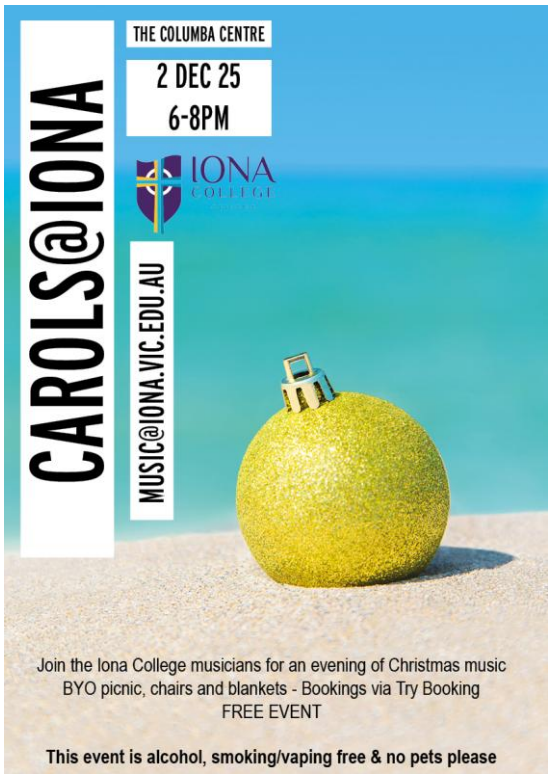
Thank you for your ongoing support.

Kylie Power
Deputy Principal (Wellbeing)

242 Horseshoe Bend Road
Charlemont VIC 3217
p: 03 5229 0004
e: reception@iona.vic.edu.au
iona.vic.edu.au

Music Department News

Carols@Iona - Reminder



We are very excited to be preparing for Carols@Iona, which will take place on Tuesday, 2 December. This special community event is a wonderful way to come together, enjoy beautiful music, and celebrate the spirit of the festive season.

This year, we are delighted to be joined by singers from St Joseph's College and St Catherine of Siena, and we look forward to warmly welcoming them to our Iona community evening.

The evening will include:

- Carols and Christmas music that everyone can join in with
- Face painting for all ages
- Games and family fun
- A sausage sizzle
- A visit from a very special "red guest"

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

Please register via the following link.

242 Horseshoe Bend Road
Charlemont VIC 3217
p: 03 5229 0004
e: reception@iona.vic.edu.au
iona.vic.edu.au

IONA COLLEGE GEELONG

Weekly Emotional Regulation Strategy

EMOTIONAL REGULATION STRATEGY: THE STRUGGLE SWITCH

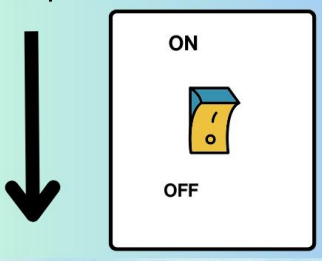
The **"Struggle Switch"** metaphor comes from **Acceptance and Commitment Therapy (ACT)**, and it's used to explain how **struggling with feelings often amplifies suffering.** The "struggle switch" represents the ACT concept of **experiential avoidance**, the tendency to try to control, avoid, or suppress unwanted inner experiences (thoughts, feelings, memories, sensations). **When the switch is ON**, you engage in **struggle** with your emotions. This adds secondary suffering (e.g., feeling anxious about feeling anxious). Your attention narrows, and life becomes dominated by managing emotions instead of living meaningfully. **When the switch is OFF**, you **accept** that unpleasant emotions are a normal part of being human. This allows **psychological flexibility**, the ability to act in line with your values even when discomfort is present. Emotions tend to **move through** more naturally over time.

Imagine your mind has a switch labelled "struggle". This switch turns on when you start resisting or fighting your emotions.

When the struggle switch is **ON:**

- **You fight your feelings ("I shouldn't feel this way!").**
- **You get caught in your head, worrying about your emotions.**
- **The more you struggle, the bigger the feelings get.**

It's like trying to stop waves in the ocean — exhausting and impossible



When the Struggle Switch is **OFF:**

- **You let your feelings be there, without fighting them.**
- **You remind yourself: "It's okay to feel uncomfortable."**
- **You focus on what matters to you instead of what you feel.**

The waves are still there but now you can float instead of fight.

Next time a tough feeling shows up, pause and ask:

"Is my struggle switch on right now?"

If it is, try gently turning it off by taking a breath, noticing what's happening, and letting the feeling be there.

You don't have to like your feelings...
You just don't have to battle them.

Melbourne Archdiocese Catholic Schools

IONA COLLEGE GEELONG

242 Horseshoe Bend Road
Charlemont VIC 3217
p: 03 5229 0004
e: reception@iona.vic.edu.au
iona.vic.edu.au

Iona Pathways Press

The 30th October edition of the Iona Pathways Press can be found here.
In this edition you will find information about:

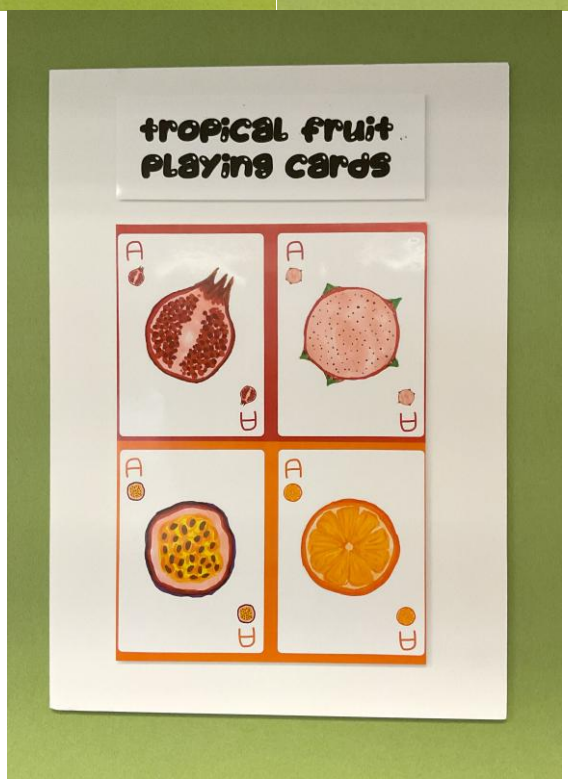
- Dates to Diarise in Term 4
- Iona Careers Message Board
- VTAC 2026 Upcoming Key Dates
- Summer School with Access Education
- Foundation Studies at ACU
- Federation University: Changes to courses from 2026
- Psychiatrists and Psychologists: What's the Difference?
- Guaranteed Pathways for Bachelor of Design Students at the University of Melbourne
- Employment Projections
- Games Design Courses in Victoria in 2025
- Snapshot of Melbourne Polytechnic in 2025

Art Department News

The Unit 1 & 2 Visual Communication Design Students have engaged in an Iconography task to create their own set of playing cards. Based on their personal interests such as music, animals, hobbies or places of personal meaning, students have created their own imagery and incorporated fonts using Adobe Photoshop and/or Illustrator. These designs were then digitally presented as an animated gif. Enjoy the wonderful design work from the students.

242 Horseshoe Bend Road
Charlemont VIC 3217
p: 03 5229 0004
e: reception@iona.vic.edu.au
iona.vic.edu.au

IONA COLLEGE
GEELONG



242 Horseshoe Bend Road
Charlemont VIC 3217
p: 03 5229 0004
e: reception@iona.vic.edu.au
iona.vic.edu.au

242 Horseshoe Bend Road
Charlemont VIC 3217
p: 03 5229 0004
e: reception@iona.vic.edu.au
iona.vic.edu.au

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.

Sympathy
The College extends its sympathy to Canonical Administrator Fr James Clarke on the passing of his Mother Margo.

Student Free Days – Monday 3 and Tuesday 4 November

A reminder that Monday, 3 November, is a student free day as the College will be closed for the mid-term break (excluding any students sitting VCE exams). The College will also be closed on Tuesday 4 November, for the Melbourne Cup public holiday.

We hope all students and families enjoy the extended break.

Thanks for your support.

Damian, Kylie and Melissa

242 Horseshoe Bend Road
Charlemont VIC 3217
p: 03 5229 0004
e: reception@iona.vic.edu.au
iona.vic.edu.au