

**9 October 2025**

Dear Parents and Carers,

Welcome to Term 4. We hope you had a restful break and are looking forward to embracing the opportunities that this term offers. As our Year 12 students complete their last weeks at Iona College, we keep them in our prayers, knowing that this is an important time for them as they complete their last chapter of secondary education. Our theme for Term 4 is 'Excellence', a value embodied by Sister Mary Glowrey, patron of Glowrey House.

Sister Mary Glowrey was born in Birregurra in 1887 and became a doctor at a time when it was rare for women to study, let alone study medicine. During her life, she felt a calling from God to serve as a doctor in India, responding to a lack of treatment for women and radically high infant mortality rates. She was the first nun-doctor missionary and established health care systems and institutions throughout India until she died in 1957.

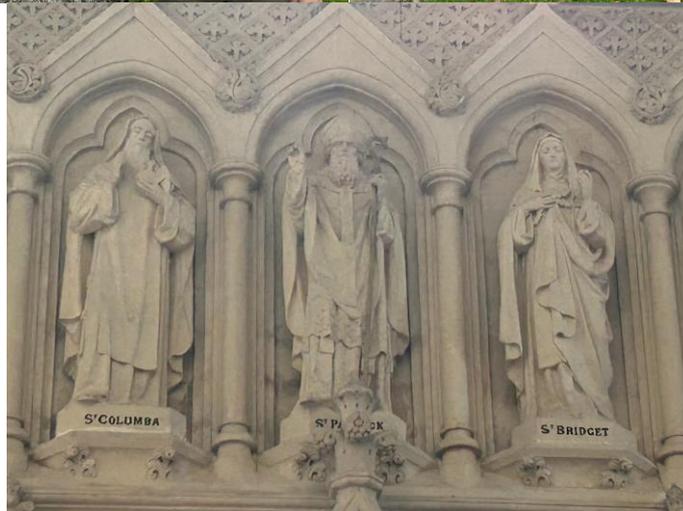
Her passion and drive to change society through both prayer and her actions, combined with her compassion for others and a bright intellect, led her to push the boundaries of the roles that women could play in society. She consistently demonstrated how the pursuit of excellence, that constant drive to do one's best in every aspect of life, leads to excellence for all humankind. In 2013, the Catholic Church declared Sister Mary Glowrey a Servant of God, which is the first step to sainthood.

We pray that we can all be inspired by the legacy of Sister Mary Glowrey to strive for excellence in all aspects of our lives.

### **MACS Pilgrimage to Ireland**

During the recent school holidays, I was very fortunate to be selected to assist in leading a group of teachers and staff from MACS (Melbourne Archdiocese Catholic Schools) on the Jubilee Year pilgrimage to Ireland. We had the privilege of visiting places of religious and cultural significance that have shaped the legacy of Catholic Education in Australia.





We walked in the footsteps of Catherine McAuley, St Patrick, St Brigid, Nano Nagle, Edmund Rice, and many other of Ireland's saints and scholars. A personal joy for me was learning more about our own patron saint, St Columba of Iona. St Columba is well known as one of the three patron saints of Ireland, along with St Patrick and St Brigid. The famous Book of Kells, housed in Dublin's Trinity College, is credited as being written and illustrated by Columba's monks on the Isle of Iona. Visiting the Book of Kells was awe-inspiring. It was incredible to think that this famous, sacred text has a connection to St Columba, and therefore our own school history. I found many statues and stained glass windows in the churches and cathedrals of Ireland dedicated to our own, St Columba.

I am very grateful to MACS for this formation experience, and I look forward to sharing more of my reflections and learnings with the rest of the Iona College community.

Kristin Flynn  
*Head of Culture and Identity*

### Cultura Community Connections Holiday Program

Last Thursday, during the school holidays, Amelia Kavanagh, Lily Ollis, and Elouise Horton volunteered at St Joseph's College as part of the Cultura Community Connections Holiday Program. On this day, student volunteers from all the Catholic Secondary Colleges in Geelong put on a day of fun activities for newly arrived children from refugee backgrounds. The students participated with the children in cooking, soccer, drama, art and mini games activities.

This was a great opportunity for the students to form connections with children from refugee backgrounds, beginning to develop some understanding of their lives. Thank you to Tom Chalkley and Hannah Chalkley, who supported the students by attending this day.

### The Peace Camino Queenscliff

The parish of Holy Trinity, Queenscliff, has invited all interested people to join them on a pilgrimage in this Year of Jubilee. Please see the information below to register.

"Walk with us on a journey of remembrance and renewal, along the Bellarine Rail Trail, once shadowed by wartime history, pilgrims gather in hope – towards peace, prayer and community."

**When:** Sunday 9th November, 12 pm

**Where:** Meet at Holy Trinity Church, Queenscliff.

Bus to Mannerim Memorial Indigenous Gardens to begin Pilgrimage to Holy Trinity Church.

**Distance:** 10 kilometres.

**Who:** For all people of faith and hope.

**Why:** To give witness to the Year of Jubilee and prayerfully walk for peace and hope.

Take a look at the [following link](#) with more information on the Pilgrimage, registration and payment -

### 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](#).



## Wellbeing News

### **The Australian Social Media Ban – Update for Parents**

The new social media law will come into play in December this year, but it won't take effect for at least 12 months. During this time, the communications minister will determine which social media apps are included in the ban, trials of age verification technology will begin to guide implementation, and the eSafety commissioner will define "reasonable steps" for platforms to implement to block under-16s from social media.

#### **What are Reasonable Steps?**

These are actions platforms like Instagram must take to ensure young people under 16 can't access social media accounts. Defined by the eSafety commissioner, these include:

- Age verification and age assurance systems
- Enhanced parental controls
- User activity monitoring

#### **Which Platforms are Included?**

The legislation hasn't yet specified which platforms are included; however, it will most likely include platforms that enable online social interaction between people, platforms that link to or interact with others or can post material to create content. Platforms like Instagram, TikTok and Snapchat. The focus will be on preventing young people from creating accounts.

#### **What is Digital Duty of Care?**

Recently we alerted parents via the weekly newsletter about the fact that many of our students had accessed the graphic and deeply disturbing video that was circulating on social media of the shooting of Charlie Kirk in America. While mainstream media did not show this graphic content, many social media platforms shared the unfiltered footage. The government is also talking about platforms having a 'digital duty of care' that ensures platforms:

- Assess the risks of harmful content on their platform, for a holistic and safety-focused approach to all users
- Take active measures to protect all users, and remove harmful or problematic content

#### **Why does it Matter?**

The government's stance is placing greater responsibility on tech companies to ensure their products are safe, rather than simply blocking access to them. However, it is important to remember that parents remain the ultimate custodians of their young person's online safety. It will be difficult to put the 'genie back in the bottle' however, if you think of these reforms like a car. Manufacturers make sure the car is fitted with safety features, like seat belts but parents are responsible for ensuring their children use them.

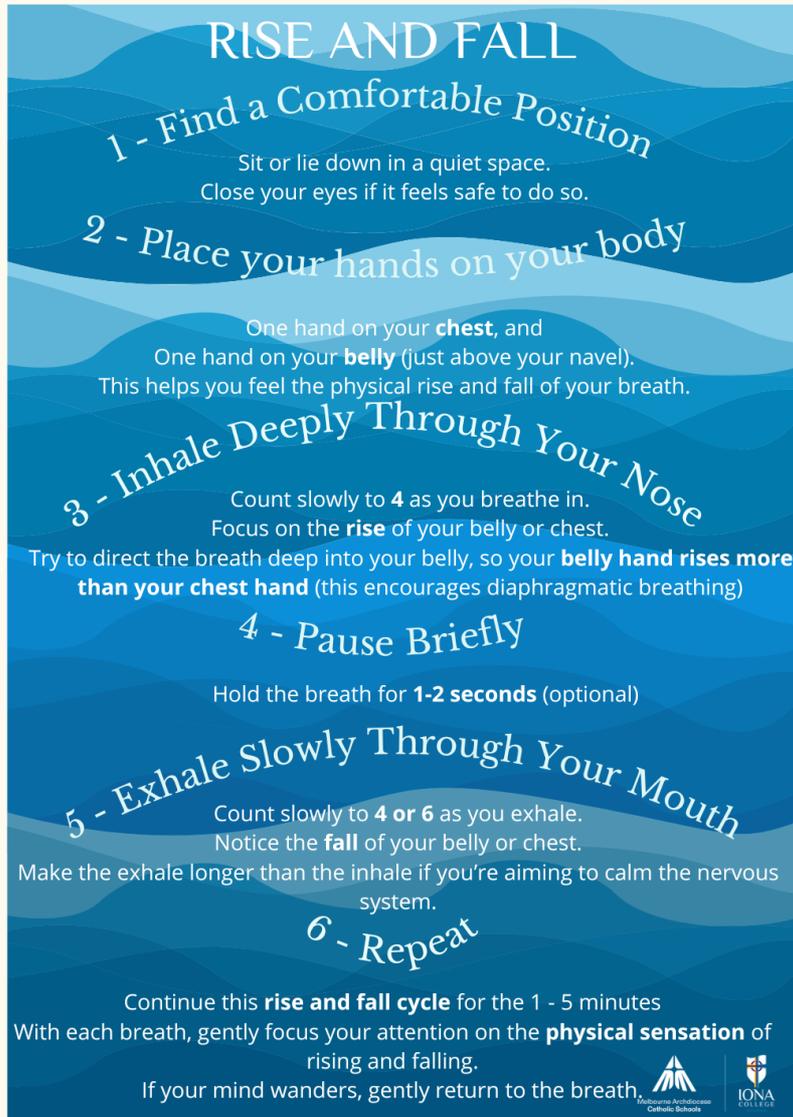
We will update parents as we know more about the reforms and remind parents of the Qustodia parent monitoring tool you have access to (contact the ICT help desk for further information). This may be of benefit to you over the extended Christmas / January break, where young people can spend more time than usual on screens.

Kylie Power  
*Deputy Principal Wellbeing*

## EMOTIONAL REGULATION STRATEGY - RISE AND FALL

The **rise and fall** breathing technique is a simple, yet effective method often used to manage **anxiety, panic, or stress**. It's named for the natural movement of the body during breathing, how the chest or abdomen rises with each inhale and falls with each exhale. This deep, slow breathing signals to the body that it is safe, shifting the nervous system from **fight-or-flight mode** (anxiety) to **rest-and-digest mode** (calm).

When we're anxious, our **heart rate increases**, our **minds race** (often imagining worst-case scenarios) and our **breathing becomes shallow and fast**, which reduces oxygen intake. By focusing on the rise and fall of the breath, we anchor ourselves in the **present moment**, **regulate our breathing, increase oxygen flow**, and **slow the heart rate**. This makes rise and fall breathing a powerful and accessible tool for stopping anxiety before it takes control.



**RISE AND FALL**

- 1 - Find a Comfortable Position**  
Sit or lie down in a quiet space.  
Close your eyes if it feels safe to do so.
- 2 - Place your hands on your body**  
One hand on your **chest**, and  
One hand on your **belly** (just above your navel).  
This helps you feel the physical rise and fall of your breath.
- 3 - Inhale Deeply Through Your Nose**  
Count slowly to **4** as you breathe in.  
Focus on the **rise** of your belly or chest.  
Try to direct the breath deep into your belly, so your **belly hand rises more than your chest hand** (this encourages diaphragmatic breathing)
- 4 - Pause Briefly**  
Hold the breath for **1-2 seconds** (optional)
- 5 - Exhale Slowly Through Your Mouth**  
Count slowly to **4 or 6** as you exhale.  
Notice the **fall** of your belly or chest.  
Make the exhale longer than the inhale if you're aiming to calm the nervous system.
- 6 - Repeat**

Continue this **rise and fall cycle** for the 1 - 5 minutes  
With each breath, gently focus your attention on the **physical sensation** of rising and falling.  
If your mind wanders, gently return to the breath.




Music Department News  
**House Music 2025**



It was with great enthusiasm that we were finally able to launch “Senior School House Music” on Columba Day in Term 3. I was very impressed with how the students involved took up the challenge to present this ‘new’ idea of music making and share it with the whole school community. It took a great deal of courage and faith to prepare for an event that they had never seen before.

All students involved worked on the items for this event on top of their already busy schedules and produced some entertaining and musical performances. My favourite part of this event was seeing students working with peers that they normally would not and the House Music leaders drawing upon the strengths of their House to present confidently on the day.

While I personally believe everyone was a “winner” on the day, congratulations to the following students and Houses for your award on the day:

**Best Original Composition – Star Lawson (Chisholm)**



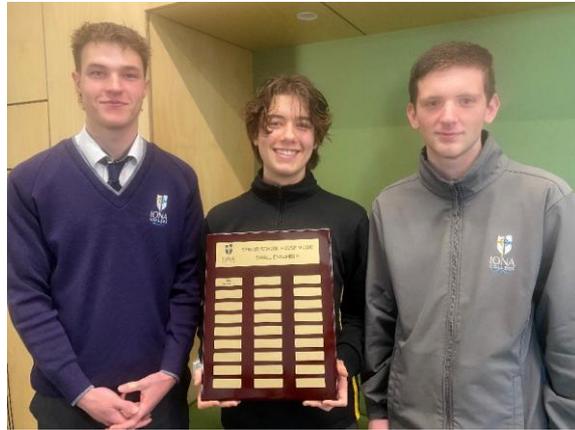
**Solo Vocal – Nalani Webber (Glowrey)**



**Solo Instrumental – Ashton Hageman (Francis)**



**Small Ensemble – Francis (Thomas Asbell, Anthony Calleja, Lachlan Meighan and Ashton Hageman)**



**Overall Champions – Francis**





Jodie Townsend  
*Head of Performing Arts*

### Small Business Owner Alecia McKenzie, Guest Speaker

To complement the theory of our BM study design, and to better understand the set-up, logistics, operations and marketing of a small business, we invited Alecia McKenzie in to speak with both Year 11 classes about her business – [Sweet and Sweaty](#), which manufactures and distributes grip socks. Alecia is both a Forensic Psychologist as well as a qualified Pilates instructor, and 2 years ago saw a gap in the market for cute grip socks. Her father, Ian, joined with Alecia to get the business up and running, and they have exciting plans to keep expanding the range, which can be purchased online or via Pilates classes.

Thank you, Alecia, for sharing your passion and knowledge about small business ownership!



Tania Anticev  
Teacher

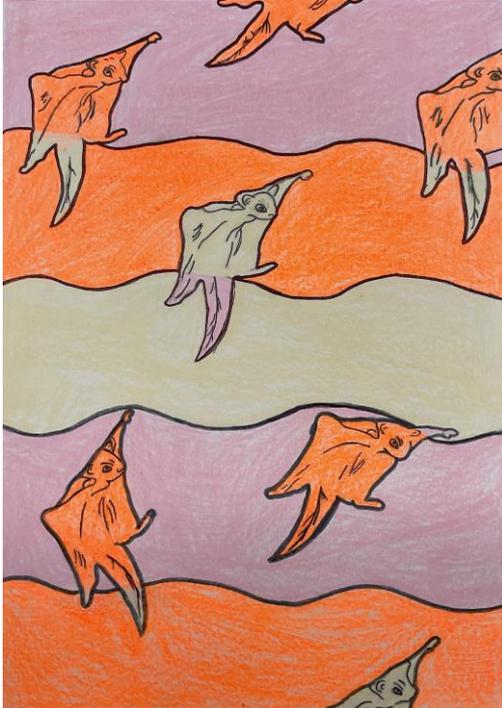
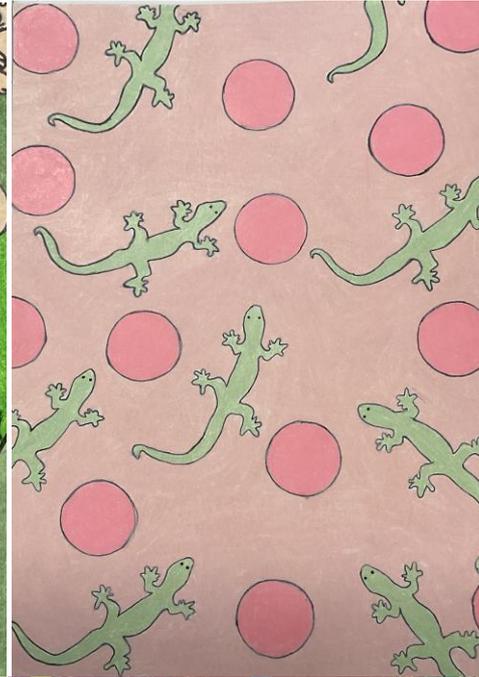
### Iona Pathways Press

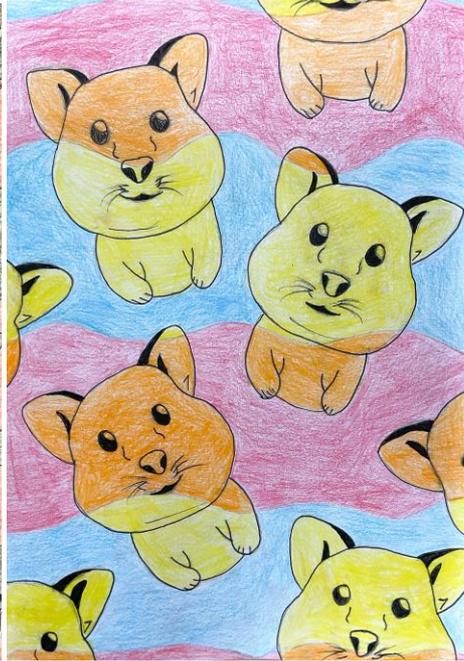
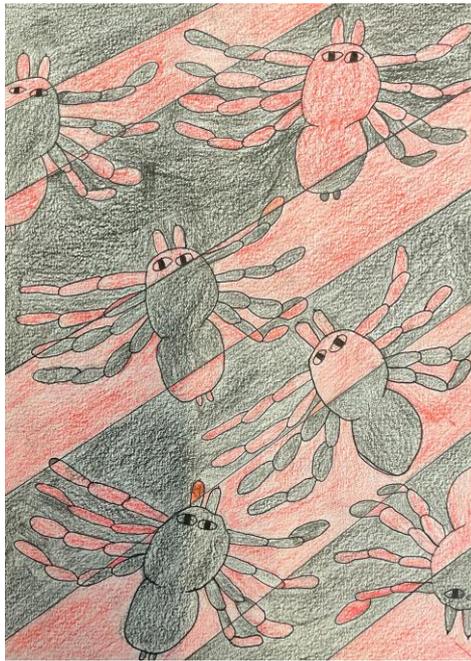
The 9<sup>th</sup> October edition of the Iona Pathways Press [can be found here](#).  
In this edition, you will find information about:

- Dates to Diarise in Term 4
- Careers/Pathways bookings
- VTAC 2026 Upcoming Key Dates
- Information Evening at The Hotel School Melbourne
- Education Support Traineeships ~ Year 12 leavers
- News from Deakin University
  - Bachelor of Exercise and Sport Science/Bachelor of Engineering (Honours)
  - DeakinTALENT
- News from the University of Melbourne
  - Two *New* Majors in the Bachelor of Design
  - Changes to the Structure of the Bachelor of Commerce
  - UniReady Enabling Program
  - How to satisfy Subject Prerequisites
- News from Monash University
  - Monash Innovation Guarantee (MIG)
  - Maths & Science Prerequisites
  - Science Webinar
  - Update from the Medicine, Nursing, and Health Sciences Faculty
- Youth Work and/or Social Work Degrees in 2025 in Victoria
- The Australian College of the Arts (Collarts) in 2025
- Melbourne Cricket Education Academy Info Sessions and Tours

### Art Department News

The Year 8 students have recently engaged with a Tessellation Task in Visual Arts. Researching and using their selected Australian Animal, the students explored repetition and pattern as principles of art. This is always an enjoyable task, with contrasting use of colours and interesting placements, each student has created their own unique design.







## TORQUAY AFTER SCHOOL

GEE LONG  
REGIONAL  
LIBRARIES



### CHECK OUT OUR RANGE OF TERM 4 AFTER SCHOOL PROGRAMS AT TORQUAY LIBRARY



#### Chess Club

Test your wits and challenge yourself with chess! Learn the basics, develop strategy and practise with others in a friendly environment. Suitable for beginners and advance players.

**Every Monday**

**4pm-5pm**

**Ages 8-15**

**Facilitated Drop-In**



#### Youth Mix

Mix it up each week with a bit of art, craft, games, tech, and good company. Range of activity options available based on what YOU want to do.

**Every Tuesday**

**4pm-5pm**

**Ages 12+**

**Facilitated Drop-In**



#### MEGA Lego Club

Join other LEGO fans, explore your creativity and see where your imagination can take you. Take up the weekly challenges or freestyle your own brick creations.

**Every Thursday**

**4pm-5pm**

**Ages 5+**

**Unfacilitated Drop-In**

#### Other Resources

Drop into the library any weekday after school or on weekends to browse our collection, study, hang out with friends, utilise the space or just relax! We have iPads and laptops available for use in branch, as well as public PC's, games, puzzles, Lego and more. Chat to our friendly library staff if you need some assistance.

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

book  
now

All events are **FREE** unless otherwise specified.

**Bookings recommended to save your place!**

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

In person at any branch, or phone 03 4201 0600



### 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.

Thanks for your support.

Damian, Kylie and Melissa