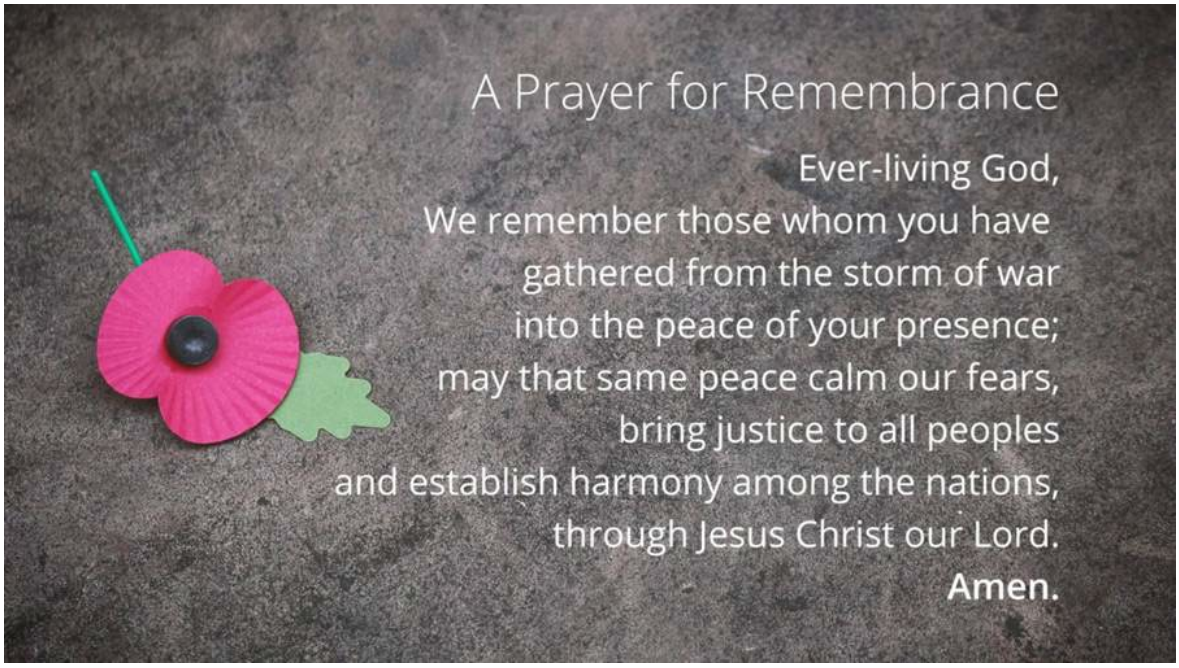
IONA COLLEGE
GEELONG

6 November 2025

Dear Parents and Carers,

On Tuesday, we as a school community will stop to mark a significant day on our calendar, Remembrance Day. At 11 am on the 11th day of the 11th month each year, we remember the moment in 1918 when World War I came to an end. On Remembrance Day, we remember Australian women and men who have served in war and peacekeeping activities. Remembrance Day does not glorify war – it honours the memory of all those who laid down their lives for Australia. As a mark of respect to those who have served, we stop to observe one minute's silence. This year will mark the 107th anniversary of the Armistice, which ended the First World War. One thing we can do for the people who fought for our country is to continue the tradition of remembering them.

It is now 107 years since the armistice was signed and the guns fell silent, bringing World War I to an end. It was the hour for peace. We come together as a nation, in silence and in prayer, to remember all those who have served in all wars. As we remember the lives that have been lost, we pray and hope for peace and pledge to each other to work towards peace in our world. We, particularly, remember the people who are living in conflict zones now, suffering through so much unrest and hurt.



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

First Nations Cultural Camp

Last week, a group of Iona College First Nations students joined peers from St Joseph's College, St Ignatius College, Clonard College and Sacred Heart College for an enriching overnight Cultural Camp in Warrnambool. The experience provided students with a unique opportunity to connect with Country, deepen their understanding of local First Nations culture, and strengthen relationships with students from across our Catholic school communities.

The first day of the camp began at Tower Hill, where students took part in a guided nature walk exploring the rich landscapes and learning about the traditional significance of the area. Guided by our own Gunditjmara leader and staff member Lisa Couzens, we were immersed in the natural beauty and history of Tower Hill. With students reflecting on the deep connection between people, land, and culture, all while spotting multiple Emus, Koalas and even an echidna. The day concluded with a peaceful moment watching the sunset over the Warrnambool foreshore, viewing Middle Island, where students shared stories and reflections around their experiences so far and were lucky enough to see a penguin.

Day two took the group to the remarkable Budj Bim Cultural Landscape, a UNESCO World Heritage site, where they were welcomed and guided by local Gunditjmara man Jayden. Students learned about the sophisticated aquaculture systems created by the Gunditjmara people thousands of years ago and the enduring significance of this site as a place of innovation, resilience, and community.

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

The camp offered a memorable blend of cultural learning, reflection, and friendship. Iona College is grateful to have shared in this experience, and we thank our partner schools and hosts for providing such a meaningful opportunity to celebrate and honour First Nations culture and heritage.

Nick Haintz
Culture and Identity Assistant

eSafety and Social Media Age Restrictions and Your Family

From 10 December 2025, many social media platforms won't be allowed to let Australians under 16 create or keep an account. The information on this page will help you understand why, and how you can help your under-16 through the change. You'll find answers to frequently asked questions (FAQs), tools to help you work through it together, and links to helpful resources you can explore.

The eSafety site also helps Australians prevent and deal with harm caused by serious online abuse or illegal and restricted online content. Please make yourself and your young person familiar with the report abuse function.

Two important parent support guides on AI can also be found here: AI Companions Parent Tool Kit and AI Deepfakes Parent Tool Kit. Please take a moment to read up on these fast-growing AI advances.

Kylie Power
Deputy Principal (Wellbeing)

Uniform Item Donations - Reminder

As we approach the end of the year, we invite you to lend a helping hand to families in our school community. If your student has outgrown any school uniform items or if you have pieces that are no longer needed, we warmly encourage you to consider donating them to Iona College.
Our goal is to build a range of uniform items that can be shared with families in need. By doing so, we can ensure that every student has access to the essential clothing they require to feel comfortable and confident while attending school.
Here's how you can make a difference:

Uniform Donations: We are grateful for any contributions of uniform items that are clean, in good condition, and adhere to the school's uniform guidelines. Whether it's shirts, pants, skirts, or blazers, every piece counts.

Drop-off Details: To donate, please bring your items to the Main Reception area. Our staff will be more than happy to assist you.

Thank you sincerely for your generosity and support of our school community.

IONA COLLEGE
GEELONG

Applications for Year 7 in 2027 Are Now Open & Tour and Information Sessions

If you have a young person starting Year 7 in 2027, applications are now open. Families are encouraged to complete the online enrolment form before **Friday, 8 May 2026**.

Applications can be made online via the following link.

ENROL ONLINE NOW

We are also pleased to share the dates for our upcoming Tour and Information Sessions**:**

- Monday 16 March – 4.15 pm to 5.45 pm
- Tuesday 17 March – 11.00 am to 12.30 pm
- Wednesday 18 March – 9.00 am to 10.30 am
- Wednesday 18 March – 4.15 pm to 5.45 pm
- Thursday 19 March – 9.00 am to 10.30 am

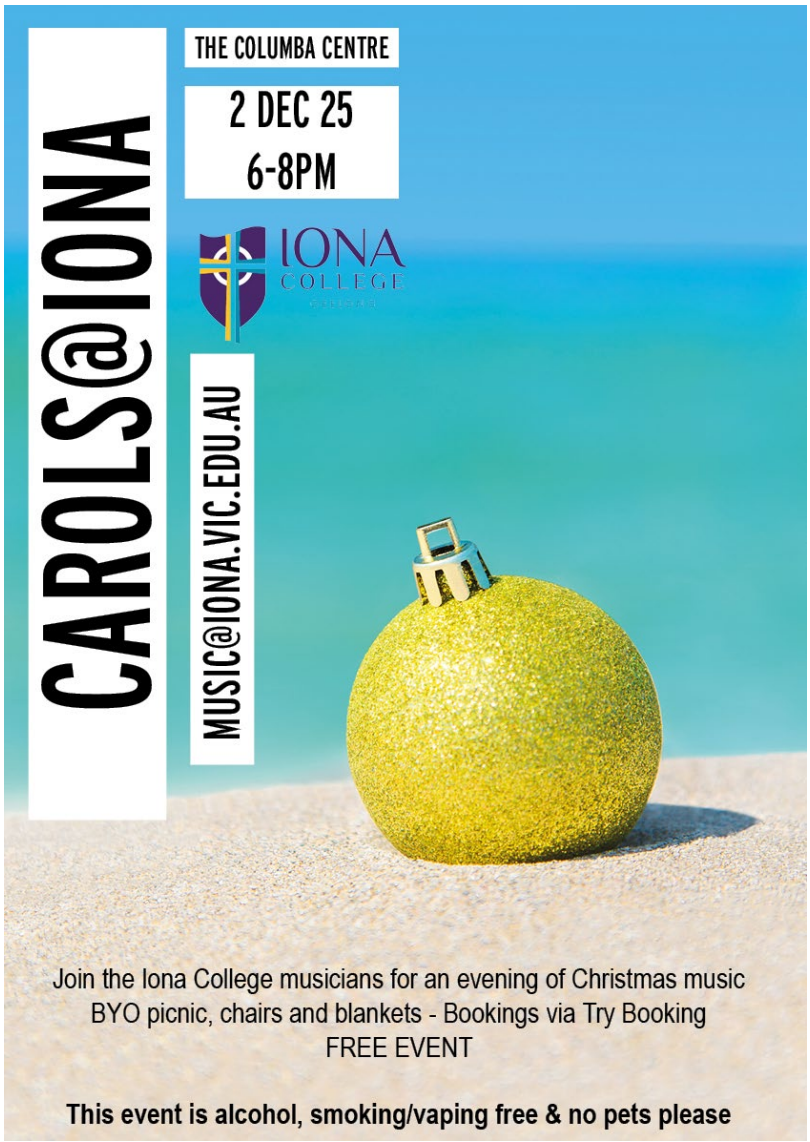
Bookings for these sessions can be made online via the following link.

BOOK A TOUR & INFO SESSION

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



A reminder to please RSVP for our upcoming Carols@Iona, which will take place on Tuesday, 2 December.

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 POWER OF A SIGH

A sigh may seem simple, but it's one of the body's most effective ways to release tension and restore balance. When you take a slow breath in and exhale with a sigh, your **parasympathetic nervous system** (rest and digest) activates helping to calm the body after stress and signal safety to the brain. This small act can gently shift you from "fight or flight" into a state of regulation and presence. In therapy, sighing often marks a moment of **release or acceptance,** a softening around what's been held tightly, physically, or emotionally. It can represent the body's natural way of saying, *"I can let go now."* Intentionally inviting a sigh during moments of overwhelm can help you reconnect with your breath, your body, and a sense of grounded calm.

This simple, natural breathing pattern resets your nervous system and is effectively used in moments of stress or anxiety.

1 - Inhale deeply through your nose
Fill your lungs almost all the way.

2 - Take a second, shorter inhale
Right after the first inhale, take a quick second sip of air to fully inflate the lungs.

3 - Exhale slowly and fully through the mouth
Long slow, and relaxed exhale. Let your shoulders drop as you release.

4 - Notice what comes up emotionally right after:
"What am I letting go of?"
"What tension was I holding?"

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 6th November 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
- Pathway to Federation University
- Changes to Entry to the Bachelor of Laws at UNSW
- Women of STEM Scholarships 2026
- Study in Canada
- Pathway Options offered by UQ College
- News from Chisholm Institute
    - Hospitality Essentials for School Leavers
    - Certificate II in Engineering Studies
- Narrm Scholarship Program at the University of Melbourne
- *New* Laws/Psychological Science Double Degree in 2026
- Ag Career Start Applications open
- Aviation Courses in Victoria
- Snapshot of Holmesglen Institute

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

IONA COLLEGE GEELONG

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

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