

27 November 2025

Dear Parents and Carers,

We were delighted to hear the news this week that Mary Glowrey, the patron of Iona's Glowrey House, is one step closer to becoming a saint. Venerable Mary of the Sacred Heart Glowrey, as she will now be titled, is just the second Australian, after St Mary MacKillop, patron of Iona's MacKillop House, to be accorded this status.

Born locally in the Victorian town of Birregurra in 1887, Glowrey was an experienced doctor in Melbourne hospitals and private practice when she travelled to India, aged 32, and entered religious life in Guntur, located in present-day Andhra Pradesh. She spent 37 years serving marginalised women and children.

Melbourne Archbishop Peter A. Comensoli expressed "deep joy" at the news.

"A proud daughter of Melbourne, Venerable Mary of the Sacred Heart Glowrey was a trailblazer, one of our early female doctors, before answering the call to serve in India," he said.

"Her healing hands, her compassion, and her bold spirit were a living sign of God's tenderness. May her example and intercession continue to inspire Aussies and people everywhere to live lives of service and holiness."

We are very proud that we can look to our Venerable Mary of the Sacred Heart Glowrey as a role model at Iona. Although she represents our college value of excellence, her life clearly embodies our other three values of compassion, courage and leadership.

We will continue to pray for the canonisation of Venerable Mary of the Sacred Heart Glowrey.



Advent

The season of Advent begins this weekend, and this marks the beginning of the Church's new year. Advent is a season of waiting and preparation. We await and prepare to celebrate the birth of Christ at Christmas. Throughout the weeks of Advent, we are invited to prepare ourselves and renew our commitment to others and our relationship with God. Part of the Catholic tradition is to bless an Advent wreath and light a candle at the start of each week, and this helps us to reflect on our lives and prepare our hearts for Christmas. There are four candles, three purple representing hope, peace and love, and one pink representing the joy we feel as we anticipate the coming of Jesus at Christmas. On this first Sunday of Advent, the candle of hope will be lit, so we pray...

God of Hope,

As we light the candles of Advent, fill our hearts with hope, peace, joy, and love.

Help us to prepare for the coming of Jesus, with open hearts and minds.

May we reflect Your light in the world and share Your goodness with others.

Amen.

Next Wednesday, we will celebrate the end of the year with a school Mass at 9.20. Families and friends of the College are invited to participate via the livestream link, which will be emailed on that morning. On this day, we ask that Years 7 and 8 wear their sports uniform so they can participate in their usual GISSA sport on Wednesday. Students in Years 9–11 are required to wear their full formal uniform.

Australian Catholic Youth Festival

This weekend, a group of Iona students and staff will make the pilgrimage to Melbourne to take part in the Australian Catholic Youth Festival. There will be over 6000 pilgrims attending this event, from all over Australia.

The Australian Catholic Youth Festival (ACYF) is a national gathering of Catholic young people established by the Australian Bishops more than ten years ago.

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.

We thank all our pilgrims for representing Iona, and we pray that you have a wonderful experience.

Iona College Christmas Appeal

We are very thankful for the gift cards that are coming in for our Iona College Christmas Appeal. There is still time to donate before the school year ends. We are collecting gift cards for two important local charities, Mackillop Family Services and Vinnies. A gift card to Mackillop Family Services will go to a young person living in out-of-home care during the Christmas season. A gift card to Vinnies will be added to a family's Christmas hamper, to make the festive season a little easier for those who need it.

If you are in a position to donate a gift card, please deliver it to our **Main Reception by 4th December**. If you have a preference for it to go to MacKillop or Vinnies, please write this on the front of an envelope containing the card. We will ensure it goes to the nominated charity. All other cards will be distributed evenly between the two organisations.

If you would prefer to donate online, please do so via these links

[Christmas Gift Appeal \(Barwon\) | MacKillop Family Services](#)

[Christmas Appeal | Vinnies](#)

We thank you for your support with our final fundraising initiative of the year.



Year 7 Passion Project Expos

We were absolutely delighted with the wonderful Passion Projects on display at yesterday's Expo. Our students poured so much effort, time and passion into their creations, and it was fantastic to see their interests and ideas brought to life. Here are just a few highlights from the day.

A heartfelt thank you to our parents and carers for supporting your young people throughout this process. Thank you also to those who were able to attend the Expo; we hope you left feeling just as proud as we do.



Second-hand Textbook Selling Option - Reminder

As we approach the end of term, families are reminded that there is an option to sell their young person's textbooks through the [Secondhand School Shop](#). This is a great way to recycle books, support other families, and reduce waste.

We also encourage students to take their textbooks home rather than leaving them at school on the final day after they have completed their locker clear-out.

For more information or to list textbooks for sale, [please visit the following link](#).

Year 7 Applications & Tour and Information Sessions - Reminder



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

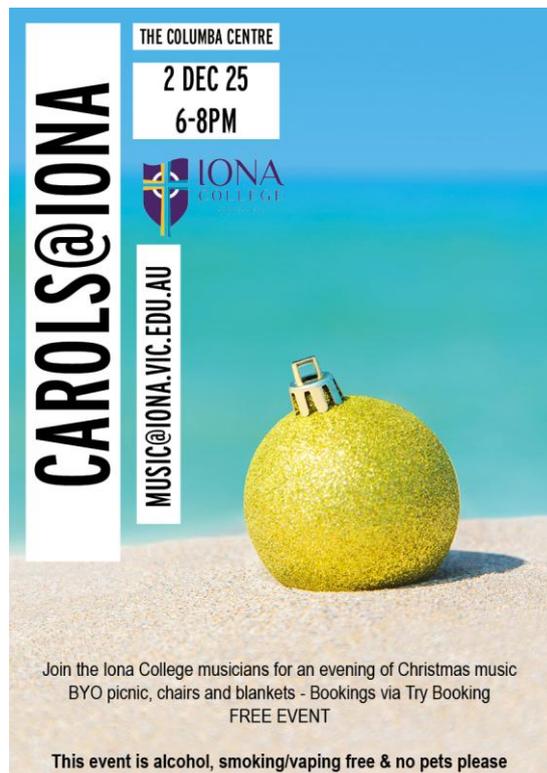
Bookings for these sessions can be [made online via the following link](#).

BOOK A TOUR & INFO SESSION



Music Department News

Carols@Iona



With only a few days to go until this year's Carols@Iona on Tuesday, 2 December, excitement is building. Our ensembles have been working hard on a beautiful program of Christmas music, and we look forward to sharing this special evening with our community.

This year, families have the option to pre-order picnic packs prepared by our wonderful canteen. Two sizes are available (small \$10, large \$15), and orders can be placed online via the [following link](#) until tomorrow, Friday, 28 November.

Hot chips and choc-tops will also be available to purchase on the night, and families are very welcome to bring along their own picnic as well. Please book your tickets [via the TryBooking link](#). Bring the whole family, settle in, and enjoy a festive night of music and community.

Weekly Emotional Regulation Strategy

EMOTIONAL REGULATION: FINGER TAPPING

Finger tapping helps emotional regulation because it gives the brain a steady, rhythmic sensory signal that calms the nervous system.

The gentle tapping draws attention away from overwhelming thoughts, grounds you in your body, and creates a predictable rhythm that lowers stress arousal. This helps the brain shift from emotional overload back into a more balanced, regulated state.



Finger tapping for emotional regulation is a simple, body-based technique that can help calm your nervous system and bring emotional balance.

How to do it:

Touch the tip of your thumb to the tip of each finger on the same hand, one at a time:

- **THUMB TO INDEX**
- **THUMB TO MIDDLE**
- **THUMB TO RING**
- **THUMB TO PINKY**

Repeat the cycle slowly and rhythmically

Add words or affirmations:

As you tap each finger, say calming phrases like:

"I am safe."

"I am okay."

"This will pass."

"I can handle this."

Iona Sleep Wisdom



Having trouble stopping worrying at bedtime?
Set aside problem-solving time

Just before we fall asleep is a time for many of us when worries might come into our mind.

Almost all of us have this happen, and it can be something to do with the way we have adapted over time as humans.

If you gently let the worries drift away and don't give them too much attention they will usually fade.

However, if you are someone for whom the worries are too big and they stop you falling asleep, it can be helpful to set aside some problem-solving time to get the work or worrying done.

This could include setting aside time earlier in the day to journal.

See the DOZe app for more information

Melbourne Archdiocese Catholic Schools

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College Uniform Supplier (PSW) is Relocating: Reminder

A reminder that our College uniform supplier, PSW, is relocating from their Malop Street store in Geelong to their new purpose-built retail showroom and warehouse in Grovedale.

This upgrade will provide more space and improved service for families.

Key details:

- **Current store:** 164 Malop Street, Geelong
- **Store closed:** Friday 21 November – Friday 28 November
- **New store location:** Uniform Group Grovedale, 111–113 Grove Road, Grovedale (behind Aldi)
- **Grand opening of new store:** Monday, 1 December

As part of the move, the retail store will be rebranded as Uniform Group Grovedale. PSW have also commenced extended trading hours at their current location, and these extended hours will continue once the new store opens. Thank you for your patience and understanding during this transition.

Iona Pathways Press

The 27th November edition of the Iona Pathways Press [can be found here](#).

In this edition, you will find information about:

- Merry Christmas from the Pathway Team
- Dates to Diarise in Term 4
- VCE Results and ATAR
- Subscribe to Pathways Press
- Book an Appointment with Pathways
- Reminder: VTAC 2026 Upcoming Key Dates
- VTAC VCE Results
 - Tertiary Support for COP
 - Change Of Preference Info
- The Gordon Info Nights
- Summer School with Access Education
- UK Gap Year Program 2027
- The Gordon Short Courses for Summer
- VIC Police Opportunity for Year 11 & 12's
- Free Short Course in Interior Design
- Five things you can do to recover from exams
- Vline Work Experience program
- Creating an Iona LinkedIn Profile

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)
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)
Thursday 27 November	Inspired Exhibition (4 pm - 5:30 pm)
Tuesday 2 December	Carols@Iona (6 pm - 8 pm)
Wednesday 3 December	End of Year Mass (Years 9-11: formal uniform Years 7-8: sport uniform - to allow participation in GISSA sport)
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.

College Office Closure

We wish to advise you of the upcoming Iona College Office closure dates:

- **Friday, 12 December** – Staff Team Building Day
- **From 4:00 pm Wednesday, 17 December until 8:00 am Wednesday, 21 January** – Christmas/New Year Office Closure



During the Christmas/New Year closure period, if you have any enquiries regarding booklists or uniforms, please contact our suppliers directly:

- **Campion** – Booklist Supplier
Phone: 1300 433 982
Address: 46 Douro Street, North Geelong
- **Uniform Group** – Student Uniform Supplier
Phone: 9768 0383
Address: 111–113 Grove Road, Grovedale

You are welcome to email reception@iona.vic.edu.au during the closure period; however, please note that emails will not be responded to until the office reopens on **Wednesday, 21 January**.

As mentioned earlier in the newsletter, on Wednesday, 3 December, for our College Mass, we ask that students in Years 7 and 8 wear their sports uniform so they can participate in their usual GISSA sport that afternoon. Students in Years 9–11 are required to wear their full formal uniform for the occasion.

Term 4 will conclude on Thursday, 4 December, at our normal time of 3:05 pm.

Thanks for your support.

Damian, Kylie and Melissa