Dear Stella Community

Prayer

Lord, we come before You, not alone, but in the company of one another.

We share our happiness with each other and it becomes great.

We share our troubles with each other and they become smaller.

We share one another’s grief and burdens and their weight becomes possible to bear.

May we never be too mean to give nor too proud to receive.

For in giving and receiving we learn to love and be loved.

We encounter the meaning of life and the mystery of existence and discover You.

Amen

Year Seven Reflections

I asked Ms Ferguson to capture some thoughts of the Year 7 2015 students as they draw breath after the first five weeks of school. I was speaking to Year 7 2016 and wanted to know how it felt to have made the change from primary student to secondary student. Reading their reflections it seems as though things are going well:

- The best thing about being a Stella Girl is they are all true to themselves and achieve their goals. I am proud and honoured to be a Stella Girl - Samantha S
- Stella is always fun and full of life - Lilly W
- Being a Stella Girl means respecting everything that is in your path. What I love about being a Stella Girl is having the opportunities to be myself and test myself to my abilities in a respectful environment - Carmen
- What I like about being a Stella Girl is being surrounded by very nice students and staff and it makes my time here 1000 times better - Holly G
- Being at Stella, makes me feel safe and happy! Sarah M
- I love that no one judges you and appreciates different personalities - Sophie G
- It is a privilege being here with all of these wonderful girls - Analiese M, Kirra P, Gabriela A and Grace H
- I love being a Stella Girl because I feel safe and this is my family; students as sisters and teachers like mums and dads.

As soon as I came to Stella I felt special, I felt like a Stella Girl - Courtney R

- Being a Stella Girl is a joyful feeling and I am proud to call myself a Stella Girl - Georgia S
- Be kind and caring to your friends but also those around you no matter who they are (Community), Peace is key, the key to friendship and Love (Peace), Welcome all and be kind to them (Hospitality) - Annika
- If you’re a Stella Fella your life is full - Daisy
- What I love being about a Stella girl is that every one is like one big family and at the start of the year I got lost a bit, the staff and other students told me nicely where the class room was - Jasmine C
- As long as the stars are shining the Stella Girls are thriving - Lara C

Good Samaritan Foundation Scholarship

Last Thursday I had the pleasure of seeing Erin Jenkins receive a Sisters of the Good Samaritan Foundation Scholarship at a function at St Scholastica’s College, Glebe. The Foundation’s scholarship program commenced in 2013 with the inaugural scholarship awarded to a student at St Patrick’s College, Campbeltown. This year seven scholarships were presented to students across Years 11 and 12 in the ten Good Samaritan schools. Congratulations to Erin and we wish her well as she continues to work to achieve her best as a Stella Girl.

Swimming Carnival

Our Swimming Carnival is on Wednesday 4 March. Please remember our message that all girls are to travel to and from the pool with the school community. We will be back in time to meet our regular buses at the school and it much easier to manage if there are no exceptions put in place.

Elizabeth Carnegie
Principal
UPCOMING EVENTS

28 Feb  • Uniform Shop open 9 am to 2 pm selling winter uniforms. Refer inside Newsletter for details.

2 Mar  • Year 11 Visual Arts Camp to Bundanon through to 4 March

4 Mar  • Year 11 Design & Tech Camp to Bundanon through to 6 March
  • Swimming Carnival North Sydney Olympic Pool
  • Stella Maris & St Augustine’s present “Our Town”
    7.30pm, Theatre. 4 March - 7 March. 4 Shows Only.
    Tickets http://www.trybooking.com/GNBH (see Performing Arts Section of Newsletter for details)

7 Mar  • Year 7 2016 Academic Scholarships Examinations
         9.00-10.30am, Benedict Campus

9 Mar  • Duke of Edinburgh Information Night Bronze Award 6.45-7.15pm, Theatre

10 Mar  • Careers Expo 4.00-7.00pm, Benedict Campus
  • Year 10 Welcome Night 7.00pm, College Deck

16 Mar  • Year 7 2016 Performing Arts Scholarship Auditions

17 Mar  • Vocal Night, 7 pm Star of the Sea Theatre

18 Mar  • Year 7 Orientation Camp through to 20 March, Outdoor Education, Morisset
  • College Open Night 5.00-8.00pm

28 Mar  • Noumea Trip Years 9 & 10 French Language Students’ through to 2 April
  • EARTH HOUR 8.30-9.30pm

30 Mar  • Year 12 Examinations commence through to 2 April

DROPPING STUDENTS AT SCHOOL

Dear Parents/Guardians

Please ensure you pull over and park to the side of the road when collecting or bringing your daughter to school. Do not drop her off in the middle of the road and block other traffic. Please do not block or drive into the neighbours’ driveways.

Thank you for your cooperation.

Mary Ryland, Deputy Principal

STELLA MARIS SWIMMING CARNIVAL

Not long now until the 2015 Stella Swimming Carnival!
A few last minute reminders:

DATE: Wednesday 4th March 2015
VENUE: North Sydney Olympic Pool
DRESS: House colours

IMPORTANT INFORMATION

- All students must be at school by 8.45am for PC. Buses will take all students to North Sydney Olympic Pool and return back to Stella at the conclusion of the Carnival.
- All students will need to wear a one-piece swimming costume and house coloured swimming cap. Caps are on sale at the uniform shop for $3.
- Students are to wear house colours or full PE uniform.
- Please bring hat and plenty of sun cream. If the weather is rainy please bring wet weather gear.
- No coloured hair spray or coloured streamers at all.

STUDENTS WHO ARE COMPETING IN THE 200M IM OR THE 200M FREESTYLE EVENTS MUST CATCH THE EARLY BUS WHICH WILL DEPART FROM STELLA MARIS AT 7.30 AM. DETAILS WILL BE SENT TO THESE STUDENTS VIA EMAIL.

Entries to the Championship events have now closed. Students may enter non-championship events on the day. Age group is the age you turn this year.

WE ENCOURAGE ALL STUDENTS TO PARTICIPATE. IT IS A GREAT VENUE AND WE LOOK FORWARD TO THE STELLA GIRLS SWIMMING, CHEERING AND BEING INVOLVED IN THIS FUN EVENT!

Jenny Wickham, Head of Sports
Our Town

A sennight is an archaic yet wondrous word which means seven nights; essentially, a week. In Australia, we continue to use fortnight - fourteen nights - to mean two weeks. As a great lover of words, I’d argue for the return of the common use of sennight. Wish me luck!

BUT: my intended point is that it is one sennight to the opening of Our Town. Seven nights. A week.

The cast has been working its collective tush off to bring you this exquisite and sensitive play from next Wednesday 4 March. It plays until Saturday 7th each night at 7.30 pm in the Star of the Sea Theatre.

You can book at: www.trybooking.com/GNBH or get tickets at the door.

The cast would love to see you there.

Geoff Cartwright, Teacher of Drama

Stella Maris College, Manly

Year 10 Information and Welcome Evening

Dear Parents, Guardians and girls,

We would like to invite you to the Year 10 Information and Welcome Evening to be held on

Tuesday 10 March, 2015.

We will meet in the Theatre at 7pm and move to the Deck in the College Courtyard for light refreshments.

This is a wonderful opportunity to mingle with staff and other parents.

I look forward to meeting you all then!

Mrs Bronwyn Parker, Head of Year 10
A reminder to all parents/guardians to please complete the Permission Form 2015 below and return to the Year Heads or email direct to mary_ryland@stellamaris.nsw.edu.au. A copy of an email sent previously to families appears opposite

Mary Ryland, Deputy Principal

Each year, the College is required to abide by the new (2014) laws relating to Privacy. We are obliged to collect permission to use names and photos for each of the ways we may use them. The attached form has a list of possible uses and you will need to tick each box to grant permission. This permission needs to be collected each year and without these permissions we cannot print the name or use the photo of your daughter in anything. She cannot be congratulated in the newsletter or on the morning student notices, her photo cannot appear in the annual magazine etc. I attach a copy of the form for your ease. Please ask your daughter to speak to her Head of Year if you require a printed copy.

Stella Maris College

Name/Photograph/Visual Recording Permission Form 2015

Dear Parent/Guardian,

At certain times throughout the year students may have the opportunity to be photographed or filmed for College publications such as the College magazine, the newsletter or the website. In addition names only may be published or images may be used to promote the College in newspapers and other media.

We would like your permission to use your daughter’s image for the above purposes. We are required by law to seek this permission annually. You are free to consent to all, or selectively some of the uses listed. You may also refuse consent.

Please complete the permission form below and return it to the College as soon as possible.

Thank you for your continued support.

______________________________
STUDENT NAME:

______________________________
YEAR LEVEL:

☐ I give permission for my daughter’s image and/or name to be published in: (please tick)

☐ the College newsletter
☐ the annual magazine
☐ the College intranet
☐ the College website
☐ promotional materials
☐ newspapers and other media

☐ I do not give permission for my daughter’s image or name to be used in any of the above publications.

I understand that I can withdraw this permission at any time and that it is my responsibility to notify the College in writing of this intent.

Name of Parent/Guardian

Signature of Parent/Guardian

Signature of Student

(If 15+ years of age before the end of 2015)
These are our new “Values” Banners, currently on display in the school courtyard area.
Two Good Samaritans

Two Year 7 students are already living out the Benedictine values within 5 weeks of being at Stella Maris College.

Samantha Strong has collected $25 from her local community for Project Compassion while Annie Kendall has cut her beautiful locks of hair and has donated the hair to charity.

Congratulations girls on a great start to life at the College. We are very proud of you.

Ash Wednesday

Last Wednesday the College celebrated in the commencement of Lent. During Pastoral Care the girls watched a clip reflecting on the meaning of Lent and Ash Wednesday. At lunch we were fortunate enough to have Father David Taylor say mass and distribute ashes. The Chapel was overflowing with staff and students alike. College Chapel with Father David Taylor Ash Wednesday and the beginning of Lent.

Project Compassion

This week Project Compassion focuses on Niger, where life is very tough. Many live in extreme poverty, often unable to afford or access food and water.

This week we meet Mariama who is raising her daughter in Niger, a country that suffers widespread poverty. When her little girl became malnourished, she received life-saving food and care at a Nutrition Centre, supported by Caritas Australia.

Your donation to Project Compassion 2015 helps save the lives of people living on the brink of survival in Niger, giving them access to nutritional support and essential food for life. www.caritas.org.au/projectcompassion 1800 024 413

Essential Food for Life

Year 10 Retreat

A reminder to all year 10 that your permission notes for your upcoming retreat (24-25 March) are now overdue. Please hand your forms to your PC teacher

Rebecca Robin-True, Head of Religious Education
Mater Dei - ‘Inclusion for all’

Established as an orphanage by the Sisters of the Good Samaritan Order in 1910, today, Mater Dei School & Services is a community-based organisation that provides early intervention therapy services, education and residential programs for babies, children and young people with an intellectual disability or developmental delay. The approach that we take in working with our students is reasonably simple and is based on the principle of encouraging inclusion and full participation by them with all members of society.

We work to provide our students with the skills and abilities to access their local communities as valued and contributing members in a manner that builds acceptance and dignity for people with disabilities.

The underpinning philosophy for all that we do at Mater Dei is "Inclusion for all". Much of our work is focused on providing opportunities and experiences that will help our students develop skills and confidence to be fully included as valuable and respected members of their community.

If you would like to personally contribute to Mater Dei, feel free to email carolyn_collins@stellamaris.nsw.edu.au

Carolyn Collins, Head of Community & Social Justice

Chinese New Year Party - Tuesday 24 February

Hi everyone! I’m Jennifer Chen from Year 11. It’s my first New Year in Stella and the party is unbelievably amazing! At 4p.m in the afternoon, students sat together on the deck just like a big family. Except for all the international students from China, lots of local students joined. I could feel great passion and expectation from their eyes. We all wrote wish cards and hung them on the tree. First, new international students introduced themselves to others, it's a good way to let others know about you. Then came the game time! Students needed to dance and act out teacher’s commands. We did these things with different people and were laughing all the time.

I played ‘Who’s the undercover?’ with my friends and three Year 12 local seniors. We were so clever that we always pointed out the real spy. The most interesting game was Running Man. 10 people in a group, pulled out other teams’ name cards. I was so proud that our team won!

Finally, we had delicious Beijing Duck and traditional Chinese food. They tasted as if I was back to China again.

Thank you so much teachers, volunteers and Year 12 students. Thank you for creating such a fantastic party for our international students, we appreciated a lot, had lots of fun, and made new friends. I am looking forward to my new life at Stella Maris!

Carolyn Collins, Head of Community & Social Justice
BRONZE INFORMATION EVENING

All parents of Year 9 Students whose daughters are interested in participating in the Bronze Duke of Edinburgh Award are invited to an information evening on Monday 9 March in the Theatre from 6.45 pm - 7.15 pm. If you are unable to attend but would like to receive some information please email: andrea_mezger@stellamaris.nsw.edu.au

OVERSEAS TRIPS

We are pleased to confirm the overseas trips for Duke of Edinburgh 2015. There will be two overseas trips offered this year for Years 10, 11 and 12 Silver and Gold Duke of Edinburgh participants.

- Cambodia departing 27 November and returning 7 December
- New Zealand departing 13 November and returning 19 November

(dates will be confirmed on the availability of flights)

Costs are as follows:

<table>
<thead>
<tr>
<th>CAMBODIA (10 days / 9 nights)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>30 plus students</td>
<td>$3600</td>
<td>(including deposit)</td>
</tr>
<tr>
<td>20 plus students</td>
<td>$3700</td>
<td>(including deposit)</td>
</tr>
</tbody>
</table>

$600 non-refundable deposit required. Price is subject to change dependent on currency fluctuations

Inclusions:
- Return economy class international airfares: Sydney/Siem Reap - Phnom Penh/Sydney
- Accommodation based on 3 star hotels with students in twin share rooms
- Meals: Breakfast, lunch and dinner daily
- English-speaking guide throughout
- Coach
- Entry fees to all attractions visited

Exclusions:
- Cambodia Visa – approximately $70
- Spending money
- Drinks with meals
- Travel insurance – approximately $120
- Vaccinations as advised by your medical practitioner

NEW ZEALAND (7 days / 6 nights)

<table>
<thead>
<tr>
<th></th>
<th>17 students</th>
<th>$3100</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 students</td>
<td>$2900</td>
<td></td>
</tr>
</tbody>
</table>

$300 non-refundable deposit required. Price is subject to change dependent on currency fluctuations.
This trip will require a minimum number of students to go ahead, price will increase if less than 17 students are interested

Inclusions
- Return economy airfares Sydney to Queenstown with Jetstar/Air New Zealand
- 3 nights accommodation in Queenstown
- 3 nights accommodation in Huts along the Milford Track
- Coach transport
- Some meals
- Shotover jet boat ride in Queenstown
- 2 Luge rides and Gondola ride at Skyline Queenstown

Not included
- Passports and visas if required
- Travel insurance (approx. $60)
- Drinks with meals
- Spending money

Eligibility
- Offered to Years 10, 11 and 12
- Currently completing either your silver or Gold Duke of Edinburgh Award
- Students need to be able demonstrate they are well-behaved, reliable, good natured, compassionate and are good ambassadors for Stella Maris.

We will require a minimum number of students in order to offer both the trips

Expressions of interest are required via email by Monday 23 February. Any questions please contact andrea_mezger@stellamaris.nsw.edu.au

Andrea Mezger, Duke of Edinburgh Coordinator
NEUROSCIENCE

Year 10 Science students listened to a fascinating talk on neuroscience research this week, presented by Allanah Harrington, a research student from the University of New South Wales. The girls were inspired by Allanah’s knowledge, research methods and engaging discussion. Very little is actually known about the brain with no current cures for Motor Neurone disease, Alzheimer’s disease and Multiple Sclerosis. Continued research is critical in the science field to continue the research and the girls were certainly inspired by her work and the possibilities for further study in the science field.

The Australian Brainbee Quiz will be held to coincide with Brain Awareness week from March 16 - 20. The top students will then proceed to the NSW state finals in June to be held at The University of Western Sydney. In preparation for the Brainbee, students will attend lunchtime mentoring sessions to further their knowledge.

Ruth Longworth, Gifted & Talented Coordinator

---

WINGS GIFTED & TALENTED REPORT

NEUROSCIENCE

Year 10 Science students listened to a fascinating talk on neuroscience research this week, presented by Allanah Harrington, a research student from the University of New South Wales. The girls were inspired by Allanah’s knowledge, research methods and engaging discussion. Very little is actually known about the brain with no current cures for Motor Neurone disease, Alzheimer’s disease and Multiple Sclerosis. Continued research is critical in the science field to continue the research and the girls were certainly inspired by her work and the possibilities for further study in the science field.

The Australian Brainbee Quiz will be held to coincide with Brain Awareness week from March 16 - 20. The top students will then proceed to the NSW state finals in June to be held at The University of Western Sydney. In preparation for the Brainbee, students will attend lunchtime mentoring sessions to further their knowledge.

Ruth Longworth, Gifted & Talented Coordinator

---

SISTER COLETTE EGAN INFORMATION CENTRE (Library)

Senior Students Researching the First Indo-Chinese War

Recently, I was researching the First Indo-Chinese War. My research was to clarify what was available for year 11 students soon to be researching this topic. First, I typed in ‘First Indo-Chinese War’ to Google and was offered 1,390,000 links. At 5 seconds a link and working 12 hours per day it would have taken me approximately 114 days to check them all out. When researching most only bother to look at the first 2 pages of Google. Year 11 have been asked to join the National and State Libraries, a card will be posted their home and student can access wonderful online Journals written by experts – for FREE.

One of the best databases available for Senior History is JStor. JStor provides access to the highest-quality academic journals, books, and primary sources in the humanities, social sciences, and sciences.

Here are two Journals available on JStor. The articles are written and scholarly peer reviewed by experts in the same academic field.

- Communist Expansion in Indochina: Part One. The First Indochina War and After Gerald L. Steibel Southeast Asian Perspectives No. 6 (Jun., 1972), pp. 35-59. Published by: Taylor & Francis, L

The advantage of using the National and State Libraries, is it helps students to become accustomed to searching Databases prior to University and TAFE.

Jocelyn Christensen, Teacher Librarian
Ph 99761883
NSW ALL SCHOOLS TRIATHLON:

Congratulations to the girls who competed in the individual event of the NSW All Schools Triathlon at Penrith on Thursday 26th February. This was a gruelling event where the girls had to swim 400m, cycle 15km and run 4km. There were over 820 competitors competing from all over NSW. The Stella results were fantastic!

In the Junior girls event Sophie Wickham finished 24th and Hayley Hopkins finished 97th.

In the Intermediate girls event Naomi Scott finished 24th, Jessi Douglas finished 51st and Jessie Purvis was 77th.

Congratulations to these girls on their outstanding results!

The teams event is being held at Penrith on Friday 27th February. Results will be in next week’s Newsletter.

BASKETBALL:

Congratulations to the Stella Basketball team who competed at the BSSSSA Basketball Championships on Thursday 26 February. The team played very well all day and finished 7th overall. The girls showed great team work and sportsmanship.

Congratulations to all members of the team:
Rachel Ryan
Isabel Milligan
Eve Gibson
Jade Phillips

Hayley Jago
Tori Mason
Annie Day

WATER POLO:

Registrations for the open water polo competition will close on Monday 2 March. Any girls in Years 10 – 12 who would like to play must email Mrs Jenny Wickham by Sunday 1 March.

YEAR 12

Year 12 Studies of Religion Excursion

Last Monday 16 February Year 12 Studies of Religion classes, both 1 and 2 Unit attended the Judaism Museum at Darlinghurst. The girls attended a lecture on Moses Maimonides, marriage and sexual ethics and had a holocaust survivor speak to them. They also had opportunity to explore the museum. The girls thoroughly enjoyed the morning and wished we could have stayed longer.

Many thanks to the Year 12 RE teachers for all their assistance.

Rebecca Robin-True, Head of Religious Education
We are very aware of the contamination threat to Nanna’s Berries. We have returned any stock we had in the freezer and are now using some we purchased from Manly Freezers. They supply the Berryman range but some of those are processed in China or Chile. We have found that the mangoes are the only frozen fruit grown and processed in Australia so until the threat is over, mango smoothies will be the only choice in the Canteen. We are also adding fresh fruit when we have it, e.g. watermelon, rockmelon or strawberries.

PARKING RESTRICTIONS
Please note parking time limitations:
- 2 hours around the school
- 5 hours (9.30-2.30) in the bus zone
- 4 hours at Keirle Park
- Unrestricted (Warringah Council):
  - Off Pittwater Rd behind Queenscliff Health Centre
  - Up steps near Queenscliff Beach near SPLAT coffee shop

SAFETY NOTICE
For students safety, the Canteen will only provide boiling water for noodles to students who either buy the Fantastic Noodles from the Canteen or bring from home the 70g ‘Fantastic Noodles’ or ‘Simplee’ (available from ALDI). These containers are more sturdy than others, can withstand the boiling water and are not too flimsy to hold.

Students are not to lend their card to others. Card owners must be in attendance if students want to buy for others. Each student should have only ONE card. Old cards will not be served. Replacement cards cost $5. Defaced cards will need to be replaced. Please check your daughter’s My Student Account to ensure she has sufficient funds to purchase items.

Information: 1300 369 783
Add Funds: 1300 884 668

HEALTHY OPTIONS CAMPAIGN
Students receive points on their My Student Account for purchasing healthier foods, e.g. water, salad rolls and any roll on multigrain/wholemeal. Prizes are awarded at the end of the year for one girl in each year group (the Year 12 prize is one formal ticket paid for) so think about what you’d like to order and get those points accumulating.

Bernie McGrath & Cheryl Young, Canteen Supervisors

---

NSW Health renews warning of Hepatitis A risk (ref: 31/15)

You will have seen in the media reports about recent contamination of frozen berry products with the Hepatitis A virus. NSW Health has issued information about the risks. The information can be found on the NSW Health website here.

The NSW Health information also contains links to:
- a fact sheet on Hepatitis A; and
- the latest advice on recalls from the NSW Food Authority.

Current recalls include Nanna’s Mixed Berries (frozen), Nanna’s Raspberries (frozen), and Creative Gourmet (mixed berries).

Details of affected batches (by ‘best before’ dates) are included in the recall information.

It is worth consulting the full list in case other products are added in future.
UNIFORM SHOP

HOURS (During School Terms): 8:00am-4:30pm Tue/Wed/Thu.

PAY BY: Cash, Visa, Mastercard, American Express, EFTPOS, cheque (made out to ‘Stella Maris College’) and Student Card.

CHECK THE COLLEGE WEBSITE FOR:
*Uniform Regulations
*Second Hand Uniform Policy
*College Shoe Policy
*Uniform & Stationery Price Lists

VOLUNTEERS ROSTER
Sat 28 Feb   Liz Purvis, Sharon Moss, Gillian Dick
Tue 3 Mar    Michelle Houghton
Wed 4 Mar    No help needed
Thu 5 Mar    Simone Hage

SWIMMING CARNIVAL
The Stella Maris Swim Carnival is on Wednesday 4 March. Girls are to wear a one piece swimming costume. All eight Colour House Swim Caps are available from the Uniform Shop for $3.

SECONDHAND UNIFORMS
As we are now selling the winter uniform, please contact us if you have uniforms to sell. Due to changes in the uniform we are now only accepting limited items. Please contact us prior to bringing items in to check if we are accepting them.

WINTER UNIFORM
On Saturday 28 February the Uniform Shop will be open 9.00-2.00pm to start selling winter uniforms. We have stock in the shop to sell, but once this is sold we place orders for required items. Our last day for selling winter uniforms is Thursday 26 March. After this date our orders for extra uniforms are placed and if we have not seen your daughter we may not be able to fit her in her size.

Year 7   require blazer, skirt and blouses
Year 10  require senior blazer, senior skirt and retain the white blouse
Year 11  require the pink blouse

Other Years need to try their winter uniform on over the next week and make sure everything still fits. If you need new items you must come to see us before the 26 March.

Black opaque stockings are worn with the winter uniform at all times. Socks are not to be worn.

Winter uniform is worn during Terms 2 and 3. There is a two week changeover at the start of Term 2, with all girls being in winter uniform by Monday 4 May.

PRICE LIST

<table>
<thead>
<tr>
<th>JUNIOR WINTER UNIFORM</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Skirt</td>
<td>70.00</td>
</tr>
<tr>
<td>Junior Blazer</td>
<td>160.00</td>
</tr>
<tr>
<td>Junior Blouse</td>
<td>35.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SENIOR WINTER UNIFORM</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Skirt</td>
<td>120.00</td>
</tr>
<tr>
<td>Senior Blazer</td>
<td>$190.00-$215.00</td>
</tr>
<tr>
<td>Senior Blouse</td>
<td>35.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WINTER ACCESSORIES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Jumper (cotton &amp; wool )</td>
<td>65.00</td>
</tr>
<tr>
<td>Black opaque stockings</td>
<td>9.00</td>
</tr>
<tr>
<td>Black gloves</td>
<td>6.50</td>
</tr>
<tr>
<td>Green Scarf</td>
<td>25.00</td>
</tr>
<tr>
<td>Maroon Scarf</td>
<td>30.00</td>
</tr>
<tr>
<td>Track Top</td>
<td>50.00</td>
</tr>
<tr>
<td>Track Pants</td>
<td>36.00</td>
</tr>
<tr>
<td>Sport Shorts</td>
<td>26.00</td>
</tr>
<tr>
<td>Sport Polo</td>
<td>30.00</td>
</tr>
<tr>
<td>Socks</td>
<td>7.50</td>
</tr>
<tr>
<td>Colour House Swimming Cap</td>
<td>3.00</td>
</tr>
<tr>
<td>Senior Black Bag</td>
<td>45.00</td>
</tr>
<tr>
<td>Black Dance Leggings</td>
<td>17.00</td>
</tr>
<tr>
<td>Black Dance T-Shirt</td>
<td>8.00</td>
</tr>
<tr>
<td>Grid Books</td>
<td>2.50</td>
</tr>
<tr>
<td>128 page exercise book</td>
<td>2.00</td>
</tr>
<tr>
<td>Mathaid 4 template</td>
<td>18.50</td>
</tr>
<tr>
<td>Loose Leaf Binder paper</td>
<td>2.50</td>
</tr>
<tr>
<td>New padlock</td>
<td>17.00</td>
</tr>
<tr>
<td>New Sports Bag (Yr 7 compulsory / Yrs 8-11 optional)</td>
<td>15.00</td>
</tr>
</tbody>
</table>

Gail Hickey & Maree Sewell, Uniform/Book Shop Supervisors
9976 1819 or uniform_books@stellamaris.nsw.edu.au
WEP Student Exchange - Information Sessions

WEP Student Exchange Scholarships - WEP is offering scholarships for two students wishing to participate in a semester or year-long student exchange program in 2016. The award consists of a $2000 discount of the program fee AND $1000 spending money for each participant. Visit [http://www.wep.org.au](http://www.wep.org.au), call 1300 884 733 or email info@wep.org.au to request an information pack.

UNSW Year 12 Medicine Information Evening

Thursday, 12 March. 6.30pm. UNSW Kensington Campus. This evening is designed for Year 12 students and their parents. It provides a general overview of the UNSW Medicine degree as well as detailed information on our application and admissions process from current staff and students in the Faculty of Medicine. Registrations open on Monday, 23 February. Register at [https://www.whatson.unsw.edu.au](https://www.whatson.unsw.edu.au)

COURSES & WORKSHOPS FOR STUDENTS

Registrations now open for Career Focus Day, April 20 - 22, 2015 This 3 day residential program is designed for students who are considering a career in hospitality to experience life at BMIHMS first hand. Students experience both our Leura and Sydney campus and are able to take practical classes, live amongst current students and gain an insight into career options within the hospitality and event management industry. Contact josh.wood@bluemountains.edu.au

Sydney Design School Interior Decoration Master Class

Our Interior Decoration Master Class is for students who want to get a taste of life as an Interior Designer or Decorator. Over two day fun, intensive days, earn how to put together an interior scheme including planning your layout, selecting furniture, furnishings, colour and lighting. Dates: 15-16 April 2015 Cost: $330 (GST inclusive) More info amanda@sydneydesignschool.com.au

School Holiday Trial-a-trade


OPEN DAYS

Projects Abroad - Volunteer Overseas


Projects Abroad - Volunteer Overseas


Whitehouse Institute of Design

Open House will be on Friday 19 and Saturday 20 June 2015, and will present exhibitions of student’s work from across the Bachelor of Design in Fashion Design, Interior Design and Creative Direction & Styling. There will be a scheduled Information Sessions throughout each of the days plus Fashion Design runway parades. To book you school group: enquiry@whitehouse-design.edu.au. State Training Services on 13 28 11.

EARLY ENTRY

Bachelor of Design-New Trimester Model

Whitehouse Institute of Design, commencing this year and onwards for new enrolees in the Bachelor of Design, is running on a new Trimester model which has meant that these new students commenced their academic year earlier on 2 Feb, and will complete 3 study periods per year over 2 years; thus completing their Degree in 2 years rather than the usual 3 years. [www.whitehouse-design.edu.au](http://www.whitehouse-design.edu.au)

RESOURCES FOR STUDENTS - FREE

How much do your future health students know about the health industry? Hot off the press at My Health Career are 10 infographics about the medical training pathway for areas of specialisation such as anaesthetics, surgery, dermatology and radiology: [http://bit.ly/1z3VwGx](http://bit.ly/1z3VwGx). And what if they study dietetics but can’t get a job? [http://bit.ly/1FzAPl6](http://bit.ly/1FzAPl6) And how can we help them bypass the avoidable reasons to become a “discontinuer” or “changer” at uni? [http://bit.ly/1FzAWQ](http://bit.ly/1FzAWQ)

NEW COURSE

Certificate III and Certificate IV in Fitness Coming to the UOW College in 2015!! The UOW College is pleased to announce two NEW Vocational Fitness courses being introduced in May and August 2015 - Certificate III and Certificate IV in Fitness. The courses will be run in a structured program at the University of Wollongong - Wollongong Campus. Further information can be obtained by contacting Program Coordinator Mr Sam Murphy via samm@uow.edu.au or on (02) 4252 8868.

Get serious business credentials

Did you know TAFEnow has more double diplomas to help you expand your business credentials or gain a promotion? Go with the trusted TAFE brand and get real value for money so that you can take up senior positions like; executive officer, department manager, administration manager or senior executive assistant. Studying with TAFEnow means studying at your own pace, at a time and in a place that suits you. Full details [http://tafenow.com.au/double-diplomas](http://tafenow.com.au/double-diplomas) or call us on 1300 8233 669.

Jeanette Ferguson, Careers Advisor
STELLA TRIVIA NIGHT

When: Saturday 16th MAY 2015, 6:30pm
THE BENEDICT CAMPUS

Make a note in your diary and come along to a fantastic night!!

$20 per person - Bookings can be made through Try Booking [www.trybooking.com/HBFA](http://www.trybooking.com/HBFA) or the School Canteen.

Year 11 and 12 students are also invited! $10 a ticket, however can only be purchased through the Canteen.

Great prizes and silent auction, invite your friends and family – TABLES OF 10 (free seating)!

BYO Drinks and Nibbles

---

P & F Trivia Night

Silent Auction & Competition Prizes Needed

Advertise your business by supporting the P & F Trivia Night
Everything you can offer is needed and appreciated

The P & F Committee are requesting donations of goods or services suitable for prizes from parents & friends of the College. Prizes can be large or small: we are good at bundling little goodies into fantastic prizes.

If your business wishes to donate, you have the opportunity to:

- List your business name and display your logo in the Newsletters leading up to and on the Trivia Night
- Have your business included in the Thank You Sponsors page in the Newsletter following the event
- Receive an Appreciation Certificate to display in your workplace

So...if you wish to make a donation please call
Lee Mills (0412 242 085) or Paloma Llamazares (0421 610 941) or
Donations can be left at the College office, clearly marked for the Trivia Night by Monday 11 May

This is the main P & F fundraiser for the year. The money raised goes straight to the College for our students’ benefits.
Reminder: Trivia Night  When & Where: 16 May 2015, 6.30 at Benedict Campus

With sincere appreciation, the Stella Maris P & F Committee
STELLA RAFFLE

Due to overwhelming demand, the Stella Raffle is back in 2015! We have decided to run another **$50 PER TICKET** Raffle, only 200 tickets will be sold!

**Prize:** $7,000 towards your School Fees

**How can you purchase your tickets?**

2. Complete the raffle form below, make payment using cash or credit card, and return it to the Stella Maris Finance Office.

This raffle will help us raise some money for the school. Please note, once all the tickets are sold, the raffle drawing date will be published in the Newsletter. Best of luck!

---

### Stella School Fees Raffle 2015

Win one year of school fees to the value of $7000

The P&F are holding a raffle with the opportunity for you to win $7000 towards your daughter’s school fees.

**Only 200 tickets available!* $50 each**

First in, first served so be quick! Limited opportunity to participate.

These are very good odds!

Complete the order form below with the number of tickets that you would like to purchase* and take the payment slip to the Finance Office (open Monday-Friday 8am-4pm). Payments can be made by cash or credit card.

* Limit of 10 tickets per family. Please note that if not all 200 tickets are sold then a full refund will be given for tickets purchased.

---

### Stella School Fees Raffle 2015

<table>
<thead>
<tr>
<th>Name</th>
<th>Amount $</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Name(s)</td>
<td></td>
</tr>
</tbody>
</table>

Payment Type

- [ ] MASTERCARD
- [ ] VISA
- [ ] AMEX
- [ ] CASH

Credit Card Number __ __ __ __ / __ __ __ __ / __ __ __ __ / __ __ __ __

Expiry Date __ __ / __ __

CCV __ __ __

Signature …………………………………………………..

Phone ………………………………………….

Activity No 1030A93

Ticket No ………………………..
**Lead the gang**
Parenting is now an individual endeavour. There is a place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family’s harmonious relationships; your children’s sense of other (empathy) and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are down. This doesn’t just happen. It takes real leadership by parents to make a family act like a family!

**Build developmental knowledge**
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

**Practice problem-ownership**
Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

**Swim against the tide**
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

**Be brave**
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

**Add emotional intelligence to your parenting mix**
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work; how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.

*Michael Grose*
LEARNING SUPPORT

Nationally Consistent Collection of Data
School Students with Disability

Information for Parents/Carers

Schools across Australia are taking part in a new national data collection on school students with disability. The data collection is being introduced in stages over three years, and started in 2013. From 2015, this information will be collected in every school across Australia, every year.

All Australian governments have agreed to this.

WHAT IS THE BENEFIT FOR MY CHILD?

All Australian governments agree that every child in an Australian school should have a high quality education. It shouldn’t matter what the individual child’s circumstances are — every child should have the same opportunity to succeed at school.

The aim of this new data collection is to have better information about school students with disability in Australia.

Better information about school students with disability will help teachers, principals and education authorities to support students with disability to take part in school on the same basis as students without disability.

WHY IS THIS DATA BEING COLLECTED?

There is nothing new about schools collecting information about students with disability — in fact, schools have had to do this by law for some time. But the type of information currently collected varies between each state and territory.

With the new national data collection, every school in Australia will use the same method to collect this information — that is, in government school in suburban Sydney will collect and report data in the same way as a Catholic school in country Victoria and an independent school in the Northern Territory.

The information provided through this new national data collection will enable all Australian governments to better target support and resources to benefit students with disability. It will help to put the right supports in place for students with disability so that they have the same opportunities for a high quality education as students without a disability.

WHAT ARE SCHOOLS REQUIRED TO DO?

Every school in Australia is likely to have a student with disability at some point. Schools need to be able to support students with disability by removing any obstacles for them to participate in their education.

By law, schools are required to make reasonable adjustments where needed to assist students with disability. These responsibilities are outlined in the Disability Discrimination Act 1992 and the Disability Standards for Education 2015. This means that schools need to talk to the student and their parents/caregivers about reasonable adjustments. These are things the school does now and this won't change.

The new data collection will record students who have been identified by a school team as needing the definition of disability under the Disability Discrimination Act 1992 and provided with an adjustment.

WHAT IS AN ADJUSTMENT?

An adjustment is a measure or action taken to help a student with disability participate in education on the same basis as other students. Adjustments can be made across the whole school setting (like ramps into classrooms), in the classroom and at an individual student level like extra tuition for a student with a learning difficulty.

WHAT INFORMATION WILL BE COLLECTED?

Your child’s school will collect and report information every year about:

- the level of adjustment provided
- the number of students who receive each level of adjustment
- where known, the student’s broad type of disability
- some students who are not provided with an adjustment at the time of the collection will meet the definition of disability under the Disability Discrimination Act 1992 and will be eligible to be included in the data collection.

WHO WILL COLLECT MY CHILD’S INFORMATION?

Teachers and other school staff from your child’s school will collect this information based on:

- consultation with parents/caregivers
- the school team’s observations and professional judgments
- any medical diagnosis
- other relevant information.

School principals are responsible for making sure that the information collected about each student is accurate.

HOW WILL MY CHILD’S PRIVACY BE PROTECTED?

Protecting the privacy and confidentiality of all children and their families is very important. With the new data collection, this will be done in the following ways:

- Personal or confidential information will not be given to anyone not authorised to see it.
- When the information is sent by your child’s school to the local or federal education authority for combination with information from other schools, it will be by school only – student names will not be recorded as part of the data collection.
- When the information is reported from 2016 onwards, it will be by school only – student names will not be recorded as part of the data collection.

WHEN AND WHERE WILL THE DATA BE AVAILABLE?

When all Australian schools are taking part in the new data collection, the information will be reported on the MySchool website from 2016 onwards. It will be by school only – no student names are recorded as part of the data collection.

CAN I DECIDE WHETHER MY CHILD’S INFORMATION IS INCLUDED IN THE NATIONAL DATA COLLECTION?

It’s your decision about whether you want your child’s information to be included in the national reporting or not.

Including every school child who is being provided with an adjustment because of disability in this new national data collection each year will help schools, education authorities and governments to better meet students’ needs.

Your school will tell you what you need to do if you don’t want to have your child’s information included in the national data collection.

Even if your child’s information is not included in the national data collection, your school is still required to provide support to your child with disability and any adjustments that may be needed to help them participate at school.

FURTHER INFORMATION

Contact your child’s school if you have further questions about the Nationally Consistent Collection of Data on School Students with Disability and how it may affect your child.


---

National Parents/Careers Fact Sheet Version No. 2 as at 27 February 2014

National Parents/Careers Fact Sheet Version No. 2 as at 27 February 2014
RUN FOREST RUN...

- Is the major fundraiser by Forestville Public School P&C on behalf of Forestville Public School and this is our inaugural year.
- There is also a Fair so anyone interested in holding a stall can find further information here: http://www.runforestrun.com.au/FPSShallHolder.pdf
- The details are:
  - 10km start time 8.00am
  - 5km start time 8.45am
  - 2km start time 9.45am (for U/13s and accompanying adults)
- Entry Fees:

<table>
<thead>
<tr>
<th>Distance</th>
<th>Under 16</th>
<th>Adult over 13</th>
<th>60 +</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2Km</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Early bird (inc T-shirt)</td>
<td>25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regular</td>
<td>25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>On the Day</td>
<td>30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accompanying adult (no T-shirt)</td>
<td>10</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td><strong>5Km/10km</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Early bird (inc T-shirt)</td>
<td>25</td>
<td>35</td>
<td>25</td>
</tr>
<tr>
<td>Regular</td>
<td>25</td>
<td>35</td>
<td>25</td>
</tr>
<tr>
<td>On the Day</td>
<td>30</td>
<td>40</td>
<td>30</td>
</tr>
</tbody>
</table>