Dear Stella Community

Screen-Based Media

Research from the University of Western Australia (cited in Alliance of Girls Schools Australasia eBrief March 18 2015) shows that girls are spending more time on screen-based activities than boys, with more television and movie viewing, social networking and internet use. The only category that boys outscored girls in was gaming. The researchers noted that the high rate of screen-based media use is a cause for concern. Health authorities recommend that young people’s use of screen-based activities should be limited to two hours per day. The University researchers noted that girls are at increased risk of mental health problems during adolescence and suggested we should be mindful of this, noting the parallel proportional increase in the use of screen-based media. I would ask families to discuss their adolescents’ screen-based activity use and make some adjustments to ensure teenagers balance how they spend their time outside school.

Concern Raised

The Sydney Morning Herald’s front-page story, ‘Ice Storm’, raises some concern for all of us. The story outlined the dangers that ice has for those who quickly become addicted to it. It spoke of the trend with ice towards ‘poly-drug use’ where more than one drug is used which has the result of significantly increasing the numbers of those who have become addicted to the drug.

On my way home yesterday I was listening to ABC radio where families spoke of the social toll on the community of this addiction and a father spoke of his son’s ‘innocent’ use of marijuana but his wife, who is a doctor, had the drug tested and it came back as having been laced with ice. I bring this to your attention not to alarm you but so that you are informed of this and mindful of the social changes that are happening as we speak. Many have viewed marijuana as a ‘soft’ drug without the addictive features of other illegal drugs. This information should make us aware that this is not always the case.

Anzac Ceremonies

I want to thank the many girls and staff who are supporting our Anzac ceremonies on the Northern Beaches and beyond. We have students attending the Manly event where our girls will proudly carry the flag. We have girls at Manly Dam and also at the Narrabeen beach event as well as Girl Guide Sara Wymer who will be at the Australian War Memorial in Canberra. I wish our girls who are going to Gallipoli - Sophie Berry, Lilly Mills, Brigid Mackenzie and Olivia Learmont along with Ms Coyte, a safe journey as they tour to Turkey with the Australian Schools Gallipoli Tour. I know that many of our College community will have relatives who would have served or supported others in service overseas in conflicts such as Vietnam or the two World Wars.

You may be interested to know that St John The Evangelist Anglican Church in Dee Why is presenting a tribute of hand-knitted poppies and other memorabilia for the Anzac Centenary from Saturday 11 April to 9 May. You are welcome to visit it at Avon Road and Oaks Avenue Dee Why.

Holy Week Ceremonies

I would encourage all girls to attend the Holy Week ceremonies during the next weeks and to assist we have printed the service information for the local Catholic Churches in the Newsletter this week for families.

Year 10 Retreat

It was a privilege to be with the Year 10 students for a time while they were on Retreat this week at Collaroy. When I was there, the girls were writing letters of encouragement and hope to their future-selves to be read when they are in Year 12. I thank Ms Collins, Ms Parker and Ms Robin-True for their preparation of the Retreat and my thanks too to the Year 10 PC teachers for going on the Retreat with the girls and caring for them.

We focus during Lent on relationships

Pope Francis says- ‘Children are a richness for humanity’

The Pope has spoken of the importance of family in his weekly catechesis. He said that ‘children are a gift for society and humanity’. He said that ‘children are a reminder that in the first moments of life, humankind is completely dependent on others. They recall for us the conditions for entering heaven that we are in need of help, of love and of forgiveness’

Thanks

I wish Kath Hubbard every blessing as she starts her retirement. Her contribution to the College has been significant and as the editor of this Newsletter she has had her hand on the pulse of the College. I thank her for all she has done. Please also keep Sister Pauline in your prayers as she takes some sick leave. We hope her recovery is untroubled.

I wish you all a lovely Easter break and thank you for the support you have given me this term. I am so happy to be part of the Stella community, which is so friendly and caring. This will be our last Newsletter for the term.

Elizabeth Carnegie, Principal
UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>28 Mar</td>
<td>• Noumea Trip till 2 April. Years 9 &amp; 10 French Language Students’</td>
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<td></td>
<td>• Public Speaking for Leadership Day 10am-3pm, Theatre. See details opposite.</td>
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<td>• EARTH HOUR 8.30-9.30pm</td>
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<td>30 Mar</td>
<td>• Year 12 Examinations continue till 2 April</td>
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<td>2 Apr</td>
<td>• Term 1 Ends</td>
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<td>3 Apr</td>
<td>• Good Friday Holiday</td>
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<td>20 Apr</td>
<td>• Term 2 Resumes - Day 1</td>
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<td>25 Apr</td>
<td>• ANZAC DAY</td>
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<td>29 Apr</td>
<td>• Student Learning Conferences 4.00-7.00pm, Benedict Campus</td>
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<tr>
<td>6 May</td>
<td>• Student Learning Conferences 2.20-7.00pm Benedict Campus. Details page 3 &amp; 4</td>
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<tr>
<td>8 May</td>
<td>• Mothers’ Day Breakfast</td>
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<td>11 May</td>
<td>• P&amp;F Committee Meeting, 7.00pm, Benedict Campus, Preparation for Trivia Night</td>
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<td>12 May</td>
<td>• NAPLAN till 14 May refer details within Newsletter.</td>
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<td>• Student Learning Conferences 4.00-7.00pm Benedict Campus</td>
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<tr>
<td>14 May</td>
<td>• Year 8 Retreat till 15 May, Naamaroo, Lane Cove</td>
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<tr>
<td>15 May</td>
<td>• NAPLAN Catch Up Day for students who missed a test or were absent on a test day.</td>
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<td>16 May</td>
<td>• Stella Maris P&amp;F Trivia Night 6.30pm, Benedict Campus. Details within P&amp;F Committee report.</td>
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<tr>
<td>20 May</td>
<td>• Stella Maris Athletic Carnival</td>
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<tr>
<td>21 May</td>
<td>• Student Learning Conferences 4.00-7.00pm, Benedict Campus</td>
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STELLA TRIVIA NIGHT
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 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
National Assessment Program – Literacy and Numeracy 2015

LETTER TO PARENTS

In May 2015 the National Assessment Program – Literacy and Numeracy (NAPLAN) will be completed by students in Years 3, 5, 7 and 9. NAPLAN has the support of all State and Territory Education Ministers and will assess the literacy and numeracy skills of students across Australian schools.

The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child’s level of achievement. Each student’s level of achievement will be reported against the national minimum standard.

Student background information (student name, gender, date of birth, language background and Aboriginality) will be collected as part of the National Assessment Program. This information is treated confidentially and held securely to ensure that every student’s right to privacy is maintained.

The NAPLAN tests will be conducted from 12-14 May 2015.

<table>
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<tr>
<th>TUESDAY 12 MAY</th>
<th>WEDNESDAY 13 MAY</th>
<th>THURSDAY 14 MAY</th>
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<tr>
<td>Language Conventions (Spelling, Punctuation and Grammar)</td>
<td>Reading</td>
<td>Numeracy</td>
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<tr>
<td>Writing</td>
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In the Numeracy tests students do not require any measuring tools such as rulers or protractors. In Years 7 and 9 there will be two Numeracy tests: one where a calculator is allowed and one where calculators are not to be used. For the calculator test, the student should use the calculator that they currently use at school.

Friday 15 May – A ‘catch-up’ day is scheduled for students who missed a test or were absent on a test day.

Students may be considered for exemption from the tests if they:

- are newly arrived in Australia (less than one year before the test) and with a language background other than English, or
- have significant intellectual disability and/or significant co-existing conditions which severely limit their capacity to participate in the tests.

All other students are expected to participate in the tests. Disability adjustments which reflect the student’s normal level of support in the classroom may be provided. Large print, Braille, coloured paper versions and electronic tests are available to meet the needs of individual students.

Access to disability adjustments or exemption from the tests must be discussed with the school principal and a parent or carer consent form must be signed.

Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents in consultation with the Principal. If you wish to withdraw your child from the tests, a parent or carer consent form must be signed.

Please make an appointment with the principal of the school your child attends if you would like to discuss your child’s participation in NAPLAN.

Additional information about NAPLAN can be found at www.nap.edu.au/NAPLAN/Parent_Carer_support/index.html.
ENSURE YOUR CONTACT DETAILS ARE UPDATED

For many reasons, it is essential that the School has up to date contact details for all families.

Students in Years 10/11/12

All student contact details and subject data have been recently uploaded to the Board of Studies website. This is necessary for the Record of Student Achievement (ROSA) and the Higher School Certificate (HSC). The Board of Studies will send Certificates to the address given, so it is imperative that this information is accurate.

Students in Years 7 - 12  Student Learning Conferences

The Parent/–Teacher Online system automatically generates email messages to provide you with login details for their site. Without the login, you will not be able to make interviews with your daughter’s teachers. These emails will be sent out in the next few weeks, so again, it is essential that your email address is up to date.

The emails will be sent to BOTH Parents/Guardians (Carer 1 and Carer 2) who are listed in our Administration System. Please only book ONE set of interviews unless your family specifically requires a separate set of interviews for a second parent/guardian.

If you have changed your address, phone numbers or email address recently (or even last year) and have not informed the School Registrar kerrie_dudley@stellamaris.nsw.edu.au, please do so immediately.

Jennifer Molloy, Director of Administration

PARENT – TEACHER ONLINE
IMPORTANT INFORMATION - PLEASE READ

Student Learning Conferences are booked online through PTO.

To assist Parents, four dates are available for interviews for all Years 7 – 12:

29 April (4.00 - 7.00pm)
6 May (2.20 - 7.00pm)
12 May (4.00 – 7.00pm)
21 May (4.00 – 7.00pm)

It is highly recommended that Year 12 Parents book interviews on the 6 May as the interview timeslots are slightly longer than on the other nights.

Both Parent/Carer emails have been set-up in PTO, but please only make ONE set of Interviews per daughter unless it is absolutely necessary that you each attend separately.

Instructions for accessing PTO are available on the following page.

YEAR 12: Bookings open at 9AM on Friday 20th March (You cannot access the system prior to this time)
YEARS 7-11: Bookings open at 9AM on Friday 27th March (You cannot access the system prior to this time)
INSTRUCTIONS FOR ACCESSING YOUR LOGIN DETAILS

1. Go to your Parent Portal page (or to the school website) and you will find a link to PTO. Click on this link and it will take you to the following page:

   ![Login screen]

   Click here first

2. Your page should now look like this:

   ![Login screen]

   Enter your email address and click SEND EMAIL

3. CHECK YOUR EMAIL MAILBOX. Assuming you have entered the correct email address, an email will be sent immediately to this address and will contain your Login details. PLEASE SAVE THESE DETAILS. (A secure link may also be included, which allows you to bypass the login).

4. Return to PTO screen, click on LOGIN as shown below:

   ![Login screen]

   Click on LOGIN

5. Enter your SURNAME (Login) and PIN number and Click on the Login Button.

   ![Login screen]

   Enter details

6. On the WELCOME screen, click on OK at the bottom

7. You should see a screen with your daughter(s) teachers. From here you can use the drop down arrows to SELECT TIMES for appointments. Click on MAKE BOOKING to confirm the time. If a timeslot is NOT showing, it means that the teacher is already booked at that time.

   ![Teacher schedule]

8. A yellow exclamation mark ![Exclamation mark] means that a teacher is requesting that you definitely make an appointment to speak with him/her.

9. Access to bookings will CLOSE at 9:00 a.m. the DAY BEFORE each of the interview dates.

10. For ALL ENQUIRIES/PROBLEMS please email: PTOhelp@stellamaries.nsw.edu.au

    Jennifer Molloy (Director of Administration)
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<tr>
<th>Parish</th>
<th>Manly Freshwater</th>
<th>The Lakes</th>
<th>Pittwater</th>
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<tr>
<td><strong>Holy Thursday - April 2</strong></td>
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<tr>
<td>Mass of the Lord’s Supper</td>
<td>St Mary’s and St John’s @ 7.00 pm</td>
<td>St Rose @ 7.30 pm</td>
<td>Sacred Heart @ 7.30 pm</td>
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<td></td>
<td>St John’s</td>
<td>St Joseph’s @ 7.30 pm</td>
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<td><strong>Good Friday - April 3</strong></td>
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<tr>
<td>Stations of the Cross (day of fast and abstinence)</td>
<td>St Mary’s and St John’s @ 10am</td>
<td>St Joseph’s @ 10am</td>
<td>Sacred Heart and Maria Regina @ 10am</td>
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<td><strong>Good Friday - April 3</strong></td>
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<tr>
<td>Commemoration of the Lord’s Passion</td>
<td>St Mary’s and St John’s @ 3pm</td>
<td>St Joseph’s @ 3pm</td>
<td>Sacred Heart and Maria Regina @ 3pm</td>
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<td><strong>Holy Saturday - April 4</strong></td>
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<tr>
<td>Easter Vigil</td>
<td>St John’s @ 5pm</td>
<td>St Joseph’s @ 9.00 am</td>
<td>Maria Regina (Family Mass) @ 6pm</td>
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<td></td>
<td>St Mary’s @ 7pm</td>
<td>St Rose @ 7.30 pm</td>
<td>Sacred Heart @ 7.30pm</td>
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<td><strong>Easter Sunday - April 5</strong></td>
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<td></td>
<td>St Mary’s @ 8.30am, 10.30am and 6pm</td>
<td>St Rose @ 8am and 9.30am</td>
<td>Sacred Heart @ 8am, 9.30am, 4pm (Croatian) and 6pm (Soul) and Maria Regina @ 9am</td>
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<td></td>
<td>St John’s @ 9am</td>
<td>St Joseph’s @ 9.30am</td>
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**St Kieran’s Manly Vale**

**Holy Thursday, 2 April**

- 8.30am Liturgy of the Hours (Morning Prayer)
- 6.30pm Passover Meal (Parish Centre)
- 7.30pm Mass of the Lord’s Supper
- 9.30pm Liturgy of the Hours (Night Prayer)

**Good Friday, 3 April**

- 8.30am Liturgy of the Hours (Morning Prayer)
- 10.00am Stations of the Cross
- 11.00am Sacrament of Penance, 1st Rite
- 3.00pm Commemoration of the Lord’s Passion
- 4.15-5pm Sacrament of Penance, 1st Rite

**Holy Saturday, 4 April**

- 8.30am Liturgy of the Hours (Morning Prayer)
- 9.00am RCIA Retreat
- 10.00am Vigil Rehearsal
- 5.00-6.00pm Sacrament of Penance, 1st Rite
- 7.00pm Easter Vigil Mass

Parish celebration for RCIA and RCIC

**Easter Sunday Masses, 5 April**

- 7.30am & 9.30am NO evening Mass

**St Cecilia’s Balgowlah**

**Good Friday 3 April**

- 10.30am Stations of the Cross
- 11-11.30am Sacrament of Penance, 1st Rite
- 3.00pm Commemoration of the Lord’s Passion

**St John’s Narraweena**

**Palm Sunday 29th March**

- Masses at 5pm Vigil Saturday Mass. Sunday 8am, 10am & 6pm. Weekday Masses Monday 30th March, Tuesday 31st March and Wednesday April 1st at 9.15am. 2nd Rite of Reconciliation: Monday 30th March at 7pm.

**Holy Thursday 2nd April**

- Mass of the Last Supper at 7.30pm followed by Adoration until 10.30pm.

**Good Friday 3rd April**

- 9.30am Via Crucis, 3.00pm Solemn Liturgy.

**Holy Saturday 4th April**

- 7.30pm Vigil Easter Mass

**Easter Sunday 5th April**

- Easter Masses 8am, 10am & 6pm

**St Kevin’s Dee Why**

**Palm Sunday 29th March**

- Vigil Saturday Mass 6pm: Sunday 8am, 9.15am, 10.30am (Italian), 6pm Weekday Masses Monday 30th March, Tuesday 31st March and Wednesday April 1st at 8.30am.

- 2nd Rite of Reconciliation: Wednesday 1st April at 7pm.

**Holy Thursday 2nd April**

- Mass of the Last Supper at 7.30pm followed by Adoration until 10.30pm.

**Good Friday 3rd April**

- 11am Ecumenical Via Crucis, 3.00pm Solemn Liturgy. 7pm Stations of the Cross in Italian

**Holy Saturday 4th April**

- 7.30pm Vigil Easter Mass.

**Easter Sunday 5th April**

- Easter Mass 8am, 9.15am, 10.30am (Italian), 4pm (Filipino Mass), 6pm.
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! **BE QUICK—ONLY 40 TICKETS LEFT!**

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

Name …………………………………………………………………………………..          Amount $ …………………...

Student Name(s) ………………………………………………………………………………………………………………….

Payment Type  
☐ MASTERCARD  ☐ VISA  ☐ AMEX  ☐ CASH

Credit Card Number ___ ___ / ___ ___ / ___ ___ / ___ ___

Expiry Date ___ / ___          CCV ___ ___          Signature …………………………………………………..

NOUMEA TRIP

Students of French in Years 9 and 10 plus Mrs Jeanette Ferguson and Ms Jennifer Murray will travel to Noumea on Saturday 28 March and return on Thursday 2 April. This school tour has taken place every two years since 1999 and has proven a wonderful opportunity for the girls to experience both the French and Kanak cultures in tours of Tjibaou Cultural Centre and Île Amédée and at the Aquarium, Carrefours hypermarché, the markets, boutiques and restaurants such as La Gavotte Crêperie.

Many thanks to Ms Carnegie and Ms Ryland for approving the trip and to the girls’ parents who have made it possible.

Ms Jennifer Murray, Head of Languages

YEAR 8 JAPANESE – Origami Workshop with an Origami artist

The Year 8 Japanese students had an “Origami Workshop” on Tuesday 24 March. The Japanese Origami Artist, Ms Midori Furze, taught the Year 8 Japanese students how to make pencils, penguins and kangaroos with colourful origami papers. Her presentation about the history of Origami and the smallest/biggest Origami works were very interesting too. The time with Ms Furze passed very quickly and we look forward to having her again.

Mika Sennett, Teacher of Japanese
Last week Year 7 attended their first high school camp! It was an exciting time for all as many were able to challenge themselves to new heights and enjoy the company of their peers and PC teachers. Many girls came home tired after all the adrenaline rush of activities and were happy to have made some new friends during the three days. The entire Year 7 group is to be commended on their outstanding participation and manners towards the camp staff. I would like to thank the following teachers for giving up their time to attend the camp and be as brave as the students in trying out what were some terrifyingly high challenges: Mr Foster, Mrs O’Brien, Mrs Burke, Mrs Shilland, Mr Wong and Mrs Andrew.

Kristie Ferguson, Head of Year 7

Camp was a great experience to get to know and love everybody. Rebecca Collins

Camp was all about challenging yourself with heights and having fun as a year group! Rebecca Mackenzie

Camp was really good because we could interact with girls that we hadn’t met before. Bailey Reimer

A rush of adrenaline you feel on the activities, but it is the best time ever! Then you feel so triumphant at the end and you know it is good hanging with your friends. It was the best time ever! Charlie Gilbert

Camp was great fun, I think everyone enjoyed it and everyone made lots of new friends which was great! Xanthe Seipelt

What I learnt from camp: “Don’t limit your challenges, Challenge your limits.” Lili Mitchell

The camp we went to was fun, full of life and very energetic! Lilly Warfield

This camp that I just went to this year was probably the best camp I have ever been to. I have never had this much fun at camp in my life. All of the instructors were really funny and they encouraged you when you were nervous to do something. Tiffany Marshall

My experience is about the giant swing.

“3...2...1...” I hear from what feels like two thousand metres down from the instructor.

I clutch onto the piece of string and here a slight click.

The force of gravity takes over me as I fly through the warm breeze

I look down, only to see sun glazed faces staring up at me

I start to slowly swing down to the reassuring feeling of the ground and think “It happened so fast.”

I also think “I want to do that again!” Nina Weymouth
STELLA SWIMMING

On Monday 23 March the Stella swim team competed at the BBSSSA Swimming Carnival at Sydney Aquatic Centre, Homebush. The Stella girls produced some exceptional swims. All our relay teams placed in the top 3 which is an exceptional effort. Two outstanding achievers of the day were Naomi Scott and Hannah Baldwin both in Year 10. Naomi was the Broken Bay 15 years girls champion and Hannah 16 years girls.

Stella has an incredible 12 girls in the BBSSSA team to compete at NSW Combined Catholic Schools on Monday 4 May at Homebush.

BBSSSA Qualifiers

Vicki Cuthbert, Hannah Baldwin, Analeise Melbourn, Athena Liang, Skye Nankervis, Amy Polikowski, Naomi Scott, Nikki Sammut, Janice Quinn, Georgia Crowley, Sophie Wickham, Daisy Nankervis.

The association has also put in for 2 wildcards for our junior IM relay and all age free relay. If these are approved Sophia Brinkman, Charli Hammond and Campbell Reimer will also join the team making it 15 swimmers from Stella.

Stella won both the junior and intermediate girls overall point score and placed 4th in the seniors.

Below is a list of students who place in the top 5 in the final of the BBSSSA events:

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<thead>
<tr>
<th>Event</th>
<th>Position</th>
<th>Time</th>
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<tbody>
<tr>
<td>1st</td>
<td>200m Intermediate Freestyle</td>
<td>1st 100m 15years Freestyle</td>
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<td>2nd</td>
<td>50m 15years Breaststroke</td>
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<td>2nd</td>
<td>50m 15years Butterfly</td>
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<tr>
<td>2nd</td>
<td>50m 15years Freestyle</td>
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<tr>
<td>2nd</td>
<td>200m Intermediate IM</td>
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<td>2nd</td>
<td>50m 16years breaststroke</td>
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<td>2nd</td>
<td>50m 16years freestyle</td>
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<td>100m 16years freestyle</td>
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<td>3rd</td>
<td>50m 16years butterfly</td>
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<td>100m 12years freestyle</td>
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<td>2nd</td>
<td>50m 12years butterfly</td>
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<td>50m 12years freestyle</td>
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<td>3rd</td>
<td>50m 12years backstroke</td>
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Well done to all girls involved and a big thank you to the Year 9 PASS girls for helping run the Carnival.
STELLA CROSS COUNTRY:

The Stella Cross Country Carnival will take place on Monday 30 March during lunch and period 5. The event will be held at Queenscliff park and along Manly beachfront. Students are to meet on the school basketball court at the very beginning of lunch. They will need to remember to bring PE uniform to change into, as well as bringing a drink bottle, lunch, hat and suncream.

Students in the 12 and 13 year age groups will run 3km, while all other age groups will run 4km. Students who place in the top 10 of their age group will qualify to run at the BBSSSA cross country event next term.

GOOD LUCK TO ALL STUDENTS RUNNING AT THE CROSS COUNTRY!

A reminder that our running training will commence in Term 2. This is held on Thursday mornings from 7.30 – 8.30am. Students meet at school and we run through various places in Manly. All levels of ability are welcome to join the running training.

WATER POLO:

YEAR 8 AND 9 COMPETITION:

The Years 8 and 9 competition will commence early in Term 2. These games will be played on Monday nights at the Warringah Aquatic Centre. Trainings will be held before school on Tuesday and Wednesday mornings.

Students who wish to play in this competition are to email Mrs Wickham to register their interest by Monday 30 March. Trials will be held at the Warringah Aquatic Centre on Tuesday 21 and Wednesday 22 April from 6 - 7am.
BBSSSA Basketball

Over the last 2 weeks we have been holding basketball trials for the Broken Bay Carnival which will be held at Bridgecoast Stadium Terrigal on Thursday 7 May. Thank you to all girls who trialled. The following players have been selected to represent Stella Maris College. Thank you also to Anthony Dignan for helping with the teams.

<table>
<thead>
<tr>
<th>YEAR 7/8 TEAM</th>
<th>YEAR 9/10 TEAM</th>
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<tbody>
<tr>
<td>Molly Dignan</td>
<td>Annika Day</td>
</tr>
<tr>
<td>Skye Cselko</td>
<td>Daisy Nankervis</td>
</tr>
<tr>
<td>April Griffiths</td>
<td>Jessie Purvis</td>
</tr>
<tr>
<td>Campbell Reimer</td>
<td>Eve Gibson</td>
</tr>
<tr>
<td>Skye Nankervis</td>
<td>Molly Marr</td>
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<tr>
<td>Caitlin Yeates</td>
<td>Inde Halligan</td>
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<tr>
<td>Millie Prior</td>
<td>Jade Philip</td>
</tr>
<tr>
<td>Sydney Kania</td>
<td>Jessie West</td>
</tr>
<tr>
<td>Audrey Tan</td>
<td>Saskia Weisse</td>
</tr>
<tr>
<td>Bridget Smith</td>
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</table>

All the above girls including reserves are required to attend training

**Years 7/8**
Tuesday April 28 and Tuesday May 5th 7.30am-8.30am at school

**Years 9/10**
Monday April 27 and Tuesday May 5th 7.30am-8.30am at school

Local Competition Basketball is half way through the season with all teams improving greatly after playing for 8 weeks. 2 team features this week Stella Red and Stella blue below. Just a reminder it is compulsory for all players to attend training and wear the correct sports uniform. No black shorts are acceptable. It is compulsory to wear red basketball shorts at all matches our sports shorts are not acceptable as they have pockets and this is against basketball rules.

Duke of Edinburgh overseas trips

All students that have expressed an interest in one of the overseas trips have been emailed details regarding deposits etc. If your daughter is interested in one of the overseas trips and has not received any information please contact andrea mezger@stellamaris.nsw.edu.au

Andrea Mezger, Duke of Edinburgh Coordinator
Families play the most important role in helping children to understand and manage emotions, develop resilience and foster positive relationships. Watching children grow and helping them to develop these skills is one of the great joys of parenthood. But it can also provide challenges and lead to lost sleep along the way for many parents!

**KidsMatter** recognises that parents need help to support and nurture the mental health and wellbeing of their children, and has developed a set of Family Information Sheets to provide a starting point for families to gather information and help navigate through those challenges.

These information sheets have been written by professionals experienced in the areas of children’s mental health and wellbeing. They are easy to read, contain lots of helpful strategies and tips to help parents support and foster their children’s mental health and wellbeing.

Evidence shows that fostering positive mental health from infancy through strong family relationships and support has a positive effect on children’s mental health. As so, **KidsMatter** has ensured that the information contained in these sheets is relevant for infants, pre-school children as well as primary school-age children.

There is a broad range of topics covered in the Information Sheets that are important for nurturing positive mental health from infancy through to adolescence. Some of the areas covered include:

- An easy-to-read overview of the basics of mental health, and a look at the risk and protective factors that impact mental health.
- An exploration of the importance influence that family relationships have on children’s mental health and a series of tips and suggestions for strengthening those relationships.
- A reminder that, for parents and families, part of caring for your children is caring for yourself.
- A host of information on social and emotional learning across areas like children’s emotions, resilience, positive separations and friendships.
- Helpful advice about mindfulness for children and the positive effect it can have on mental wellbeing.
- Support and advice on mental health issues such as ADHD, Autism, depression, anxiety, trauma, and body image.
- Direction on when to be concerned and how to get professional help with children’s mental health issues.
- Constructive advice on helping your children value cultural diversity and address racism.

If there is an area of children’s mental health and wellbeing that you would like help with, please visit our [Family Information Sheets](#).
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

Students are not to lend their card to others. Card owners must be in attendance if students want to buy for others.
Students 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

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.

HEALTHY OPTIONS CAMPAIGN
Students receive points on their My Student Account for purchasing healthier foods, e.g. water, salad rolls and multigrain/wholemeal rolls. 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.

CANTEEN ROSTER
Hours are 9.30am-2.30pm approx. Call Bernie to arrange a replacement 0414 519 108 or 9976 1826.

<table>
<thead>
<tr>
<th>Mon 30 March</th>
<th>Tue 31 March</th>
<th>Wed 1 April</th>
<th>Thu 2 April</th>
<th>Fri 3 April</th>
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<tbody>
<tr>
<td>Nicky de Nysschen</td>
<td>Monique Tulevski</td>
<td>Karen Doughty</td>
<td>Jane Sidd</td>
<td>Good Friday</td>
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<tr>
<td>Nikki Stevenson</td>
<td>Tara Rigs</td>
<td>Therese Philip</td>
<td>Phillipa Edgar</td>
<td>Easter Holidays</td>
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<tr>
<td>Tima Benias Tan</td>
<td>Kirsty Sleep</td>
<td>Linda Moon</td>
<td>Cristin Schaller</td>
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<tr>
<td>Maria Sammut</td>
<td>Gee Sun</td>
<td>Tania Dinneen</td>
<td>Michelle Houghton</td>
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<tr>
<td>Kirstin Crothers</td>
<td>Jan Carlen</td>
<td>Michelle Staunton</td>
<td>Nina Rose</td>
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<td></td>
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<td>Sandra Marshall</td>
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<tr>
<th>Mon 20 Apr</th>
<th>Tue 21 Apr</th>
<th>Wed 22 April</th>
<th>Thu 23 April</th>
<th>Fri 24 April</th>
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<tbody>
<tr>
<td>Jodie Bolin</td>
<td>Leanne Thistlethwaite</td>
<td>Simone Davies</td>
<td>Susan Smith</td>
<td>Miriam Sweekhorst</td>
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<tr>
<td>Colleen Dopper</td>
<td>Amanda Arnold</td>
<td>Cecilia Jago</td>
<td>Natalie Cooper</td>
<td>Jane Hathaway</td>
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<tr>
<td>Kerrie-Ann Foresto</td>
<td>Lindsay Harrison</td>
<td>Sandy McIndoe</td>
<td>Karen Sparkes</td>
<td>Rebecca Edwards</td>
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<td>Terese Cunningham</td>
<td></td>
<td>Nina Gosford</td>
<td>Grant Tracy</td>
<td>Claudia Mitchell</td>
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<td></td>
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<td>Leoni Graham</td>
<td>Cath Donald</td>
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We wish all our families a very happy Easter and a safe and relaxing holiday.
Thank you for all your help this term.
See you in Term 2.
Bernie and Cheryl
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
None required for the last week of term.

TERM 2
Wed 22 Apr Sandra Marshall
Thu 23 Apr Debbie Stracey

SECONDHAND UNIFORMS
Please contact us if you have winter uniforms to sell. Due to changes in the uniform we are only accepting limited items. Please contact us prior to bringing in items to check if they are needed Uniforms will be accepted on consignment.

WINTER UNIFORM
Winter Uniform orders have now been finalised. If your daughter does not have her uniform please come to the Uniform Shop this week and we will see if we can fit her out with our current stock.

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.

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 ensure their winter uniform still fits.

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

Blazers, skirts and blouses are included in the buying cutoff date.

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<thead>
<tr>
<th></th>
<th>Junior</th>
<th>Senior</th>
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<tr>
<td>Winter Skirt</td>
<td>$ 70.00</td>
<td>$120.00</td>
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<tr>
<td>Winter Blazer</td>
<td>$160.00</td>
<td>$190.00-215.00</td>
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<tr>
<td>Winter Blouse</td>
<td>$ 35.00</td>
<td>$ 35.00</td>
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<tr>
<td>Jumper (cotton &amp; wool)</td>
<td>$ 65.00</td>
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<tr>
<td>Black opaque stockings</td>
<td>$ 9.00</td>
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<td>Black gloves</td>
<td>$ 6.50</td>
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<tr>
<td>Green Scarf</td>
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<td>Maroon Scarf</td>
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Gail Hickey & Maree Sewell, Uniform/Book Shop Supervisors
9976 1819 or uniform_books@stellamaris.nsw.edu.au

CAREERS

Last Friday 20 March a group of Stella staff members attended the ICMS Partners’ Dinner to celebrate the presentation by their Hospitality and Events students.

The Events Management students organised the theme which was “Grease” and prepared the tables to reflect this theme.

The Hospitality students prepared the food with an American diner theme. The whole evening ended with a best dressed “Grease” theme which went to Stella's Tourism and Events teacher Sharon Adams.

As many Stella girls have attended ICMS over the years it is always an enjoyable night seeing first-hand how they put into practice what they learn.

A great night was had by all catching up with the ex-Stella students.
Congratulations to ICMS and the Hospitality and Events Departments for authentic food, music and decorations.
Pathway to Becoming a Doctor
My Health Career has created 10 pathways infographics for students looking at becoming a doctor. The specialty areas covered are anaesthesia, dermatology, general practice, intensive care, obstetrics & gynaecology, ophthalmology, pathology, psychiatry, radiology and surgery: https://www.myhealthcareer.com.au/become-a-doctor

UNSW Health Careers Kit 2014
Info on going to university, allied health/medicine/nursing programs.
https://rcs.med.unsw.edu.au/health-careers-kit#.VO_o5rkfpD8

Martin College
Business, Marketing, Events, Tourism, Design and Technology. Year round intakes starting March and online options.
http://www.martin.edu.au/

A Career in Radiation Oncology
Read career stories and starting in this career.

Defence Jobs Australia Youtube Channel
ADF applicants research job roles and life in Defence Force.
https://www.youtube.com/defencejobsaustralia

Macquarie in a Day
16 April 8.30am to 3pm
Year 11 or Year 12 who want to see what’s in store. This is your chance to get a taste of what a day in the life of a Macquarie student is really like. Register now at mq.edu.au/mqinaday Get in touch: T: (02) 950 7250 E: mqinaday@mq.edu.au

ICMS Information Evening
30 April . 6.30pm to 8.30pm
151 Darley Road, Manly.
This evening is designed for students and their families. It provides an overview of our courses, application process and you will hear directly from our students and staff about the ICMS experience. For more details and to register, visit http://www.icms.edu.au/event/undergraduate-information-evening

The Queens Commonwealth Essay Competition
Closes 1 May
Under 18s . The theme ‘A Young Commonwealth’.
https://thercs.org/youth/competition

THINK Health Jansen Newman Institute Open Day Sydney
3 May, 10am to 2pm, Pyrmont.
Are you considering a career in Counselling, Psychotherapy or Community Service? The Jansen Newman Institute Open Day gives you a great opportunity to check out the new campus and facilities, as well as meet the lectures and students. To register go to http://bit.ly/1BJIqV5 or phone 1300 017 267

AIE Interview with a Programmer
Former student James Gale, talks about career pathways in the game design industry, advice he would give.

THINK Health Australasian College of Natural Therapies - Open Day - Pyrmont, Sydney
3 May, 10am to 2pm.
Find out how you can turn your passion for natural therapies into a career. Take part in workshops, learn about course and career options, meet students, staff and alumni, and see what it is like to be a student at ACNT Sydney. To register or find out more visit - http://www.acnt.edu.au/about-us/events/sydney-openday or phone 1300 885 385

THINK Health Australian National College of Beauty Open Day Sydney
3 May, Pyrmont Campus.
Are you considering a career in beauty therapy? ANCB's Open Day is an opportunity to spend time at the Pyrmont state of the art campus and get a feel for life at THINK Health. You can talk to lecturers and current students and also visit the THINK Wellbeing Centre. To register visit http://bit.ly/1EOXvFI or call 1300 885 385

GAP

UNSW 2016 Guaranteed Entry
Selection rank details which allow for guaranteed entry into specific 2016 UNSW courses. The selection rank is both raw ATAR and eligible bonus points.
https://gallery.mailchimp.com/a8f413ea842f87cb70f1566f9/files/UNSW_221848_Guaranteed_Entry_web.pdf

UNSW Year 10 Subject Selection and Information Evenings
Thinking about coming to uni in two years' time and are currently a year 10 student (or you are the parent or teacher of a year 10 student). We offer a number of Year 10 Subject Selection & Information Evenings during the month of May. For dates and to register, visit https://www.whatson.unsw.edu.au

Latitude Global Volunteering Information Sessions
Sydney 6 May

Early Childhood Course
Are you a caring and patient person who would enjoy a career with children? TAFEnow’s CHC30113 - Certificate III in Early Childhood Education and Care – is the perfect starter qualification to formalise your existing childcare experience or gain knowledge and experience to become part of a centre or specialist childcare service. 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/chc30113#units or call us on 1300 823 366

My Health Career Health Career Videos
Students and industry experts tell their career opportunities and study pathways. Selected videos on dietetics, medicine, nursing, occupational therapy, optometry, pharmacy, physiotherapy, podiatry and psychology.

Jeanette Ferguson, Director of Staff Services & Careers Adviser
PERFORMING ARTS ARTS DEPARTMENT

On Friday 20 March the Stella Maris Colla Voce, Sonatinas and Year 12 Music 1 students performed at the Agents and Advisor’s dinner at International College of Management, Sydney. The students performed really well and enjoyed the theme which was ‘Grease’. Well done!

Mrs Melanie Pells, Hannah Papandrea, Daniella Zanko, Cristina Crapis, Lauren Bird, Elyse Jenkins, Lily O’Neil, Cici, Gabrielle Hodgins, Caitlin Bruce, Amy Hicks, Georgia Staley

PERFORMING ARTS EVENTS FOR TERM 1

Music:

• Tuesday 31 March - Virtual Australian Chamber Orchestra excursion to Manly Gallery

• Wednesday 1 and 2 April
  Two day Music Camp at Camp Kedron, Emmaus Road, Ingleside
  Please make sure you have your permission notes and rooming preferences in ASAP!

• Sunday 19 April - The Stella Maris College Bands and Choirs have been invited to participate in the ANZAC Centenary Commemoration at Pittwater Rugby Park, 1472 Pittwater Road, Warriewood, for a 9.00am start for the rehearsal followed by the Service at 11:00am

OUR STAFF
If you have any questions please contact Mrs Jessica Maker, the Head of Performing Arts, or any of our Performing Arts Staff:

Dance:
Rochelle Jones - rochelle_jones@stellamaris.nsw.edu.au
Cara Brown - cara_brown@stellamaris.nsw.edu.au

Drama:
Geoff Cartwright - geoff_cartwright@stellamaris.nsw.edu.au
Mitchell Smith - mitchell_smith@stellamaris.nsw.edu.au

Music:
Jessica Maker - jessica_maker@stellamaris.nsw.edu.au
Rob Sutcliffe - rob_sutcliffe@stellamaris.nsw.edu.au
Evan Browett - evan_browett@stellamaris.nsw.edu.au
Leanne Haines - leanne_haines@stellamaris.nsw.edu.au

Jessica Maker, Head of Performing Arts
**COMMUNITY**

**ORGAN SCHOLARSHIP**

To encourage this important skill, Frenchs Forest Catholic Parish is offering 2 scholarships towards the cost of taking lessons with a qualified Organ Instructor. Current organists or pianists of AMEB Grade 5 or 6 and higher standard who would like to develop their skills are encouraged to apply. For more information contact the Parish Secretary Di Griffiths on 9451 5097 or email parishoffice@ffcp.org.au

**STAR OF THE SEA THEATRE**

Come and see a life changing doco which follows the lives of nine young girls across the globe and the difference an education can make!

All the proceeds from the screening will go towards ‘Girl Rising’ to support girls’ education.

Please email carolyn.collins@stellassamaria.nsw.edu.au to RSVP

**Tues 31st March**
**7pm**
**Theatre**
**$10**

**Northern Beaches ADHD Support Group**

A problem shared is a problem halved

The Northern Beaches ADHD Support Group is a voluntary, open-run group offering support for parents of children and teenagers with ADHD via regular meetings. The group is run on a non-profit basis to provide a supportive environment for parents and children affected by ADHD.

**SPEAKER EVENING: DR EMMA GAI GOLDS**

“ADHD & Self-Esteem in Children: Helping your child with ADHD not to feel lazy, crazy or stupid”

Dr Emma Gai Gold is a clinical psychologist who has completed a doctorate in clinical psychology and a thesis on social anxiety disorder and rumination. Emma has clinical experience working in both the public and private sector, and has worked extensively with adults, adolescents, children and families presenting with a wide range of psychological concerns. She has a special interest in anxiety, mood disorders, ADHD and autism spectrum disorders. Emma currently works at Dr Caroline Stevenson & Associates, a general psychology practice, specialising in treating children and adults with ADHD.

**Monday 27th April 2015 @ 7.00-9.00pm**
**The Pittwater RSL, Main Hall Room, 82 Mona Vale Road, Mona Vale**

Advance bookings essential via

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