Dear Stella Community,

Feast of St Benedict

We begin Term 3 with the Feast of St Benedict (11 July). St Benedict was born in Italy in 480CE after the fall of the Roman Empire during a dangerous time in Europe. Benedict was the founder of western monasticism - he set out a rule for living in a community that called all within it to love each other and love Christ. The Sisters of the Good Samaritan, as a Benedictine Order, follow the Rule of St Benedict today and we, as a Benedictine Good Samaritan College, use it as guide for being a community that is compassionate and tolerant.

The Prayer of St Benedict

Gracious and Holy God
Give us the wisdom to know you
Intelligence to understand you
Diligence to seek you
Patience to wait for you
Eyes to behold you
A heart to meditate upon you
A life to proclaim you
To the power of the Spirit of Jesus Christ
AMEN

Celebrating the Education of Women

Another celebration happened this week - Malala Yousafzai turned 18 years old. We know that she has long championed education for women and girls in Pakistan, where she was shot by a Taliban gunman in 2012. “Today on my first day as an adult, on behalf of the world’s children, I demand of leaders we must invest in books instead of bullets” Yousafzai said. Malala celebrated her birthday among a group that included Syrian girls. When the girls with her asked her for advice, she humbly said that they did not need any advice because they already knew the importance of education.

On Wednesday evening I spoke with Year 8 Parents.Carers about the importance of community and currently we are focusing on strategies to resolve friendship issues. Sometimes we find it is easy for us to create conflict but we struggle to find ways to a resolution without help. Bullying is a term that we sometimes use too quickly to describe these experiences. Bullying, we need to remember, is about the victim’s lack of power in a situation where the harassment is ongoing, relentless, oppressive and the victim has no means of responding. Bullying is serious and needs to be brought to the attention of the school or police.

Information about reporting cyberbullying can be found at the newly formed Office of the Children’s eSafety Commissioner at www.esafety.gov.au

Conflict and disagreements are a regular part of being together it happens in schools, in families and among friends and it is important for us to be proactive in assisting those involved to find ways to resolve conflict. Often the hurt and misunderstanding is on both sides and it may need intervention at the level of an adult to provide a means of working through these hurts. I would encourage you to contact your daughter’s Head of Year if you feel your daughter is struggling to deal with an ongoing conflict situation. Our aim is always to work with the girls to develop strategies to resolve conflicts because we learn much from dealing with the situation ourselves. I would suggest to the girls that if they find themselves caught in an escalating situation - turn off the phone, turn off the computer and do not engage with the person who is acting harshly toward you.

Brett Foster, Louise Yeates and I have been speaking to the students and families this year about being mindful of their approach to learning and that establishing a can do attitude is essential, a growth mindset, Carol Dweck would call it. It encourages us to keep trying, to keep challenging ourselves because we all can become better learners. We could also learn to become better friends with greater empathy and forgiveness for others if we use a positive approach to dealing with conflict and relationship concerns.

Let’s work together as a Community with Benedict as our guide, with an understanding that we can all achieve great things if we have the right mindset as Carol Dweck suggests and that as Malala tells us, see the opportunity for education both academic and social as an blessing, a gift and truly important for young women today.

Ministry Outreach 2015

Thank you to Tylah Allen, Lily Hammond, Lucinda Josue, Bronte Oldfield and Hannah Saliba who, with Ms Brown, participated in Ministry Outreach during July break. The program drew students from the Good Samaritan schools in a week of pastoral work in the Sydney community. Mitchell Smith was one of the two Facilitators leading the Mission Outreach activity in 2015 and I thank all for their participation in this good work.

Congratulations

It is wonderful to celebrate achievements of Stella girls and we have several to mention this week:
• Our teams finished 1st, 2nd and 3rd in the National Science IQ Quiz run by the Science Teachers Association of WA.
• Alison Godbier, Rebekah Odgers, Georgia Gullick and Grace Kendall of Year 10 competed in the NSW Brainbee state finals this week.

Congratulations to the girls involved and to Ms Longworth, our Gifted and Talented Coordinator.

Community Prayer

Several of our staff have parents who are gravely ill, so I ask you to keep the College community in your prayers.

Elizabeth Carnegie, Principal
Year 12 Formal 2015

Dear Parents and Guardians
You are cordially invited to celebrate our community by joining with the staff at the Year 12 Formal

Dockside – Cockle Bay 1&2
Thursday 21 November, 2015
6.30pm for 7.00pm start

We look forward to seeing you on this evening of celebration.

Colin Macallister, Head of Year 12

Enquiries: colin_macallister@stellamaris.nsw.edu.au

Payment, of $110.00 per head, is to be made to the Finance Department. Payment by instalments can be organised with the Finance Department. Cheques are to be made payable to Stella Maris College. Credit card or cash - please print your daughter’s name and class clearly on envelope.

Final payments to be made by 20 September 2015

Share My Journey From Danger

Hear a first-hand account of the refugee journey from a young Afghan asylum seeker who escaped the Taliban.

There will also be a talk by Phil Glendenning, Director of the Edmund Rice Centre and President of the Refugee Council of Australia.

There will be time for questions.

Fr Patrick McMaugh Hall  St Patrick’s School
1 Royston Pde Asquith
7.30pm (tea/coffee), 8pm (start) Wed 29 July
All Welcome
Enquiries: Phone Clare on 0403711949

EDUCATES…CHALLENGES…EXCITES
AUSTRALIAN AIR FORCE CADETS

305 SQUADRON IS RECRUITING NOW

No. 305 (City of Pittwater) Squadron is an Australian Air Force Cadet (AAFC) unit. The AAFC is a youth development organisation supported by the Royal Australian Air Force aimed at providing Australia’s future generation of leaders with a wide variety of exciting and adventurous activities, including flying, field craft training and rifle shooting. 305 Squadron meets at The Dee Why Multi User Depot, during the public school term, on Thursday 6.30-9.30pm.

To be eligible for enrolment you must be an Australian citizen or permanent resident aged between 13-18 years at time of enrolment. The Squadron’s recruit information evening will be held on Thursday 23 July for 7.30pm at Dee Why Multi User Depot, 40 South Creek Rd, Dee Why. Prospective recruits and their parents are most welcome and encouraged to attend.

For further information, please visit www.305sqn.aafc.org.au/recruiting, or find us on Facebook www.facebook.com/305SSQN.
Our UOW International Students Undergraduate Excellence Scholarship (UES) offers students a 25% reduction of normal course tuition fees for the entire length of their course, up to a maximum duration of four years. Available for all UOW Bachelor degree programs except Medicine, Nursing, Nutrition/Dietetics, Exercise Science/Rehabilitation and Psychology. There is no limit to the number of scholarships available and students don’t need to make a separate application because they’ll be automatically considered by placing UOW as one of their UAC preferences. To receive the scholarship, simply meet the academic criteria and enrol as a full-time international student. If successful, you’ll receive the scholarship offer at the same time as your offer from UAC. These scholarships provide a further 25% reduction of normal tuition fees bringing the total scholarship value to 50% when offered in combination with the UES. International Academic Merit Scholarships are for students with outstanding results applying for Bachelor degrees at UOW in Business Information Systems, Commerce, Computer Science, Economics & Finance, Engineering (Civil, Computer, Electrical, Environmental, Materials, Mechanical, Mechatronic, Mining, Telecommunications), Information Technology, Mathematics, Mathematics & Finance, Medical Mathematics, Medical & Radiation Physics, Science (Materials, Nuclear Science & Technology, Physics). Download a flyer or contact Student Services 1300 367 869, futurestudents@uow.edu.au

UOW Upcoming Events
- 23 July - Year 12 Information Evening, Parramatta
- 30 July - Year 12 Information Evening, Liverpool
- 15 Aug - UOW Open Day discover alternative pathways to UOW and preview the experience for UOW College and UOW Student Life. For info and to register http://www.uow.edu.au/openday/index.html
- Visit Future Students Events Page, for info on UOW events.

2016 Latitude Overseas Experiences - Applications close 24 Jul
A limited number of Schools Assistant placements are still open in the UK, there are also placements available in Canada, Poland and locally in Asia/Pacific. New summer placements are opening in Vietnam in December for those interested in volunteering overseas but not in taking a full gap year. Download an Application Form and view our online Information Session on 21 July at 7pm at www.latitude.org.au/join-an-information-session.

University of Notre Dame – Early Offer Round applications close 31 Jul
Receive a firm offer at Notre Dame before you sit the final Year 12 exams! We are looking for students who can demonstrate commitment and excellence in one of four categories: community work and/or Church, cultural pursuits, sporting achievements, or strong academic success. www.nd.edu.au/earlyoffer

Projects Abroad Volunteer Overseas Information Evening - 4 Aug, 6:30pm
Offer volunteering opportunities in 29 countries across the developing world, ideal for gap years or schoolies. Meet staff/volunteers to learn about overseas volunteering, choosing a placement, safety and planning. Register at http://www.projects-abroad.com.au more info/information-events/

La Trobe University Open Day, Sydney Campus - 8 Aug, 11am-3pm
Explore our campus, meet our team. Located above Wynyard train station, our corporate style learning environment has 3 intakes enabling you to fast-track and complete your degree in 2 years. Improve your global career prospects through the internship program. Diploma pathways offered. Register at http://latrobe.edu.au/openday/sydney

Open Day at Ella Bache College of Skin & Beauty Therapy - 8 Aug
Register Now. Enquire about our Scholarship offerings for students enrolling to study On Campus in February 2016. For info http://www.ellabachecollege.edu.au

Creative Events Workshop & Open Day at Kenvale College - 10 Aug, 4:30-6:30pm
Will include a complimentary events workshop (on theming, decorating, and event marketing), a college tour and an overview of our courses in hospitality, events and cookery. 38 High Street, Randwick. RSVP to enquires@kenvale.edu.au.

Macquarie’s Global Leadership Entry Program - Applications close 15 Aug
Designed for the best and brightest Year 12 students, it will develop and inspire students to be a global leader of tomorrow. We’re looking for an all-rounder who’s not only achieving great academic results, but also involved outside the classroom or in the community. www.mq.edu.au/plep

Sydney Business School CBD Open Day - 29 Aug, 10am-2pm
UOW College will be exhibiting. Discover the UOW College Diploma of Business (SBS) being offered in Autumn Session 2016 at the UOW Sydney CBD Campus. For info and to register http://business.uow.edu.au/news-events/sydney-open-day/index.html.

NCSS Challenge (online programming competition and industry mentors forum)
Brought to you by the University of Sydney, the NCSS Challenge teaches students to program while they compete. No previous experience is required and students can register individually or under the supervision of a teacher, so it is suited for schools that don’t offer programming courses. $20 per student, starts 3 August. Contact challenge@ncss.edu.au for more info. http://ncss.edu.au/challenge

THINK Education
- Early Entry Program is Now Open
  The program allows students to get a conditional offer for their desired course before sitting their final exam. They are guaranteed a placement in their course of interest if their final exam results meet the minimum entry requirements. If their ATAR doesn’t meet the requirements a study pathway will be provided where possible. www.think.edu.au/early-entry
- Upcoming Scholarships for Think Colleges
  A range of scholarships are available to students that cover all or part of course fees. Our scholarships are not based on academic merit but on a student’s drive, passion and determination to succeed. Some scholarship deadlines are in August. View the flyer and application deadlines at http://bit.ly/1LLenZ0c

Jeanette Ferguson, Careers Advisor
Parents are asked to view the article pictured on the right, at the following website:


Kylie Andrew, College Counsellor

DUKE OF EDINBURGH

BRONZE AWARD

Congratulations to the following students who have recently been awarded their Bronze Duke of Edinburgh Award:

- Vanessa Morgan
- Holly Jarrett
- Lucy McIntyre

BRONZE AND SILVER HIKE

The first bronze and silver hike is fast approaching on the 31st of July. Students have been emailed information.

Andrea Mezger, Duke of Edinburgh Program Coordinator

GIFTED AND TALENTED

OUTSTANDING SCIENCE RESULTS FOR YEAR 7 STELLA GIRLS - 1st, 2nd, 3rd in National Science IQ Quiz

In June, 49 school teams competed in the Year 7 National Science IQ Online Quiz, held by the Science Teachers’ Association of Western Australia. Stella Maris College entered six Year 7 teams. This is the first time that Stella Maris Students have placed 1st, 2nd and 3rd in Australia. It is a challenging and fun competition that encourages teamwork and collaboration. The YEAR 7 girls were extremely determined and their motivation and enthusiasm has certainly proved successful! Thankyou to all the Year 7 students who competed.

Ruth Longworth, Gifted and Talented Coordinator

1st Place (Left):
Zoe Pearson,
Summer Pittar,
Peggy McKenzie,
Lucy Collins.

2nd Place (Middle):
Lia Sison,
Athena Liang,
Karina Bardsley,
Emma Cherry,
Tayla Scrymgour.

3rd Place (Right):
Jasmine Costello,
Megan Green,
Isabelle Kendal,
Bianca Beck.
READ FOR YOUR HOUSE – TERM TWO RESULTS

Well done to all the girls who participated in Read For Your House last term.

SMITH came first for the term with 24 points.

BASHIR and EGAN came equal second with 15 points each.

Term Three Read For Your House is now open for all students in Moodle. You can participate this term by logging on and entering details about the novels you read during the term.

Mrs Christensen in the library has lots of new novels to recommend and can also help you to participate in Read For Your House. Otherwise you can check in with your English teacher.

Alison Tedman, Head of English

FRENCH NATIONAL DAY

To celebrate the French National Day, 14 July, all the French classes had a crêpes lesson in their French lesson. Ben Roulant of Maboul and his assistant Jérémy Dunand demonstrated how to make crêpes. Several girls made their own crêpes and found out that it’s not as easy as it looks. Delicious crêpes were enjoyed by all.

Jennifer Murray, Head of Languages

MATHS HELP

The dates for Term 3 Maths Help are below (students will receive a printed copy of these dates in their next Mathematics lesson). Students should bring:

- Any homework questions they have found difficult
- Questions that they have chosen for private study that have proved to be challenging
- Questions from Mathletics or Hotmaths tasks that have caused a problem

A Mathematics teacher will be available on the following days in E28 from 3:30-4:30pm to help you.

Week 1 - Wednesday 15 July
Week 2 - Monday 20 July
Week 3 - Tuesday 28 July and Thursday 30 July
Week 4 - Tuesday 4 August
Week 5 - Thursday 13 August
Week 6 - Monday 17 August
Week 7 - Tuesday 25 August
Week 8 - Tuesday 1 September
Week 9 - Tuesday 8 September

See you there.

Kim Naylor, Acting Head of Mathematics
BBSSSA NETBALL
Stella entered 4 teams in the BBSSSA Netball Gala Day at Pennant Hills on 15 July. It was a great day despite the cold start. The teams played brilliantly. Our Year 7 and Open teams narrowly missed the semi-finals, but won their play offs, finishing 5th. The Junior and Intermediate teams made it through to the semi-finals, playing well, but were defeated by the carnival winners Mount Saint Benedict, and finished 3rd.

Thankyou to our coaches and Natalie Gilespie who umpired.

Year 7: Olivia Lovell, Analiese Melbourn, Lia Sison, Emma Cherry, Lara Cherry, Xanthe, Claudia Wolfe, Ella McMahon, Kirra Peters.

Year 7/8: Sophie Wickham, April Griffiths, Bridget Smith, Audrey Tan, Aysha Whyte, Amy Polikowski, Nellie Scarboletti, Skye Nankervis, Campbell Reimer.


Year 11/12: Isabel Milligan, Caitlin Werasko, Racquel Duesbury, Isobel Schofield, Teigan O’Shanassey, Jess Wellington, Carla Woolley, Cara Jacobs, Sophie Bray.

BASKETBALL
Congratulations to the Year 8 and 10 basketball teams who played in the grand-finals during the holidays. The Year 10 team played really well but unfortunately were defeated. The Year 8 team played incredibly well to beat St Luke’s A team by a point.

Year 8 winning team: Audrey Tan, Hayley Hopkins, Sydney Kania, Molly Dignan, Bella Allen, Skye Cselko, Caitlin Yeates, Brigid Smith and April Griffiths.

ATHLETICS
The BBSSSA Athletics Carnival will take place on Tuesday 11 August at Homebush. Girls have been emailed with their events and the team training program.

The Stella Athletics team will also be entering the NSW Athletics School relays and the NSW Athletics Knock Out events later this term. Any student interested in competing in these events should email Mrs Jenny Wickham.

Running Training is on for the next 4 weeks and is open to all Stella students. On Friday mornings - meet at school at 7.30am.

NETBALL
The junior team; Skye Nankervis, Audrey Tan, Bridget Smith, Campbell Reimer, Sophie Wickham, Nellie Scarboletti, Aysha Whyte, Amy Polikowski and April Griffiths, defeated St Luke’s in a very physical game. The girls played with great sportsmanship and team effort which led to a fantastic final result.

STELLA SKI TEAM
The Stella Ski team had fun competing in Perisher on 3-4 July. The Year 7 and 8 team placed 13th overall in the Alpine Teams event (Chloe Bridge, Chloe Irving, Jesse Noone). Chloe Bridge also competed in the Skier Cross. It would be great to see more families involved as it is a great way to get to know the school community, you don’t need to be an expert skier to get involved. Thankyou to the parents for your assistance with duties, manager roles, photos and care of the girls.

Raylee Kelly and Jenny Wickam, Sports Coordinators
The Youth Scholarship Program assists eligible young people living in social housing or on the NSW Housing Register to complete their HSC or TAFE equivalent. 266 scholarships are on offer statewide, which consists of a one off payment of $1,500 administered by the school or TAFE College on behalf of the student.

The **money can be used to buy items or services** which help the student complete the HSC or TAFE equivalent and can include:
- private tuition or coaching
- text books, workbooks, study guides and stationery
- specialist equipment (e.g. art, music or photographic materials)
- course costs (inc. materials), excursions, study camps, sport
- computer software and printer.

Please take a look at these Scholarships that are available as you could benefit. [http://www.housing.nsw.gov.au/Living+in+Public+Housing/Youth+Scholarships+2016.htm](http://www.housing.nsw.gov.au/Living+in+Public+Housing/Youth+Scholarships+2016.htm)

Who can apply for a FACS Youth Scholarship? Any NSW high school or TAFE college student who:
- is living in social housing in NSW (public housing, Aboriginal housing, community housing) or on the NSW Housing Register (waiting list) or living in crisis accommodation
- is studying in Year 11 or 12 at a NSW high school or TAFE college for the HSC or TAFE equivalent in 2016
- is aged under 25 years on 1 December 2016
- is an Australian citizen or permanent resident
- does not earn an income higher than the NSW social housing eligibility limits (if earning an income).

**Entries close 31 July 2015.**

SAFETY NOTICE
For students safety, the Canteen only provides boiling water for noodles to students who either buy the Fantastic Noodles from the Canteen or bring the 70g 'Fantastic Noodles' or 'Simplee' (available from ALDI) from home. These containers are sturdier than others and can withstand boiling water.

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

**CANTENE ROSTER**

<table>
<thead>
<tr>
<th>Mon 20 July</th>
<th>Tue 21 July</th>
<th>Wed 22 July</th>
<th>Thu 23 July</th>
<th>Fri 24 July</th>
<th>Mon 27 July</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jodie Bolin</td>
<td>Leanne Thistledthwaite</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>Josie Zavaglia</td>
<td>Lindsay Harrison</td>
<td>Sandy McIndoe</td>
<td>Karen Sparkes</td>
<td>Rebecca Edwards</td>
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<tr>
<td>Kerrie-Ann Foresto</td>
<td>Christine Campbell</td>
<td>Nina Gosford</td>
<td>Cath Donald</td>
<td>Claudie Mitchell</td>
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<tr>
<td>Terese Cunningham</td>
<td></td>
<td>Leoni Graham</td>
<td>Matthew Sunn</td>
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Hours are 9.30am-2.30pm approx. Call Bernie to arrange a replacement 0414 519 108 or 9976 1826.

**UNIFORM SHOP**

**PRICE LIST**

<table>
<thead>
<tr>
<th></th>
<th>Junior</th>
<th>Senior</th>
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<tbody>
<tr>
<td>Winter Skirt</td>
<td>$70.00</td>
<td>$120.00</td>
</tr>
<tr>
<td>Winter Blazer</td>
<td>$160.00</td>
<td>$190.00-215.00</td>
</tr>
<tr>
<td>Winter Blouse</td>
<td>$35.00</td>
<td>$35.00</td>
</tr>
<tr>
<td>Jumper (cotton &amp; wool)</td>
<td>$65.00</td>
<td></td>
</tr>
<tr>
<td>Black opaque stockings</td>
<td>$9.00</td>
<td></td>
</tr>
<tr>
<td>Black gloves</td>
<td>$6.50</td>
<td></td>
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<tr>
<td>Green Scarf</td>
<td>$25.00</td>
<td></td>
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<tr>
<td>Maroon Scarf</td>
<td>$30.00</td>
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<tr>
<td>Track top</td>
<td>$50.00</td>
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<tr>
<td>Track pants</td>
<td>$36.00</td>
<td></td>
</tr>
<tr>
<td>Sport polo</td>
<td>$30.00</td>
<td></td>
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<tr>
<td>Sport shorts</td>
<td>$26.00</td>
<td></td>
</tr>
<tr>
<td>Sports bag (compulsory for Yr7 / optional for Yrs 8-11)</td>
<td>$15.00</td>
<td></td>
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</tbody>
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**OPEN (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 this week.

**SECONDHAND UNIFORMS**

Currently, we are not accepting second-hand uniforms.

Gail Hickey & Maree Sewell, Uniform/Book Shop Supervisors
9976 1819 or uniform_books@stellamaris.nsw.edu.au
BECOME A STELLA MARIS HOMESTAY FAMILY

Our Homestay Service is an important aspect of the College’s International Program. The aim of this service is to place our overseas students, who travel a long distance to come to Australia to study on their own, with quality and caring homestay families. The students are normally aged 14-16 years old and plan to pursue their studies for at least three years at Stella Maris College.

The overseas Stella students and their families value and respect this service – they think it is the best experience their daughters could ever have. To be able to live with a Western family and get to know the culture, cuisine and gain lifelong friendships is an integral part of their study journey. Therefore, the College’s International Program carefully selects homestay families by arranging to meet with them to ensure the home is suitable to accommodate the student and that Working With Children Check requirements are met. After approval, we provide homestay families with detailed information and guidelines to help them successfully host a long-term overseas student.

The remuneration for Homestay Families is between $270-$290 per week to cover the cost of accommodation, food, electricity, water, etc.

If you would like to enrich your family’s culture, teach your children inclusiveness and understanding, or create international connections by hosting an overseas student, please express your interest by emailing jiani.chen@stellamaris.nsw.edu.au with your name, your daughter’s name, home address and mobile number and I will be in contact with you.

Jiani Chen, International Program Officer

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**Parenting Programs**

**Child & Adolescent Parenting**

**What's On in Term 3 - Courses/Workshops for Parents/Careers**

- **Tuning in to Teens Course**
  - Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.
  - Understanding teenagers today & communication skills
  - Emotional intelligence skills
  - How to prevent behaviour problems & conflict resolution
  - Chatwood 5kms, 2.5hrs (30/7 - 27/8, 7:00-9:30pm)

- **Dealing with Teen’s Backchat Workshop**
  - Learn how to nurture a respectful & positive relationship with your teenager
  - Understand what is like being a teenager today
  - Learn how to talk so that they listen & how to listen so that they talk to you
  - Chatwood (3/7/7-7/7/30, 7:00-9:30pm)

- **Tuning in to Kids Course**
  - Chatwood (27/7 - 24/8)

- **Triple P Seminars**
  - Chatwood (5/8/7, 12/8 & 19/8)

- **Communicating with Kids Workshop**
  - Chatwood (31/8)

**Workshops on Request for Parents/Careers of Teens - 9887 5830**

- Dealing with Teen’s Back Chat
- Transition to High School
- Triple P Seminar Series (Teens)
- Resilient Kids
- Bullying Workshop
- Understanding Your Toddler/Discipline & Tantrums
- Tucker without Tantrums/Toddler Training
- Speech & Language Development/Sleep
- Triple P (PPP) Seminar Series (1-12 years)
- Older Sibling - New Baby
- Transition to School
- Second Parenting
- Communicating with Kids

Enquiries: Child & Adolescent Parenting 9887 5830

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**Northern Beaches Community Expo**

**Connecting the community to the community**

Celebrate being part of the Northern Beaches community and join us for a fun afternoon of free local community service Information, a sausage sizzle, children’s activities, free face painting, and music.

Plus special appearances from the Manly Sea Eagles local fire brigade and police

First 200 through the door will receive a free welcome bag

**Tuesday 21st July 2015**

2pm-4pm

Uniting Church Hall (West Promenade Manly)

Contact: Angelique 9977 1066

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* Only the students first name has been printed due to Privacy Permissions