Dear Stella Community,

Education and Digital Skills


In a recent article on a London School of Economics and Political Science (LSE) education blog, Sonia Livingstone examined how actively engaged parents can have an effect on their children’s online activity. If parents are able to develop strategies to manage (from an early age) their children’s media use, they can have a positive effect on patterns of behavior. Livingstone’s qualitative research found that these strategies needed to begin from the first time a child picks up a tablet or smartphone.

Sonia Livingstone’s findings included the need for families to develop strategies around:

- Developing knowledge about the benefits of internet use, along with an understanding of how to critically evaluate sites and apps
- Using technical tools to ensure internet safety including the use of filters and privacy settings
- Developing parents’/carers’ digital competence
- Encouraging discussion between parents and children around managing digital devices in the home

We would encourage families to have discussions with their children and come to some agreed family rules around use of phones, tablets and computer use. A simple start could be that the dinner table is a phone-free zone or that recreational screen time is limited to one hour on school nights.

At school we are working with the girls to manage their use of their mobile phones. We are asking teachers to be mindful that students need to be on-task in class and phones are only to be used when accessing an app or when directed by a teacher. It is important that girls learn self-regulation and are encouraged to take control of their habits.

Congratulations

The following girls have been selected as 2016 House Captains:

Shinnick - Hollie Taylor
Chisholm - Rachel Ryan
Mackillop - Racquel Duesbury
Wood - Jess Wellington
Smith - Lillian Smith
Noonuccal - Stephanie Severino
Egan - Lucy Josue
Bashir - Alex Broe

Sydney Kania competed at the recent NSW All Schools Championship for Triple Jump, Long Jump and High Jump and she achieved 1st place in High Jump. Sydney now travels to Melbourne in December as a NSW representative at the Australian All Schools Championship. We wish her luck.

Our Gifted and Talented students continue to do well in competition. Grace Kendall of Year 10 won the top award at the Confronting Concepts Day at the King’s School this week.

Good Luck

Good luck to our Duke of Edinburgh girls who will be preparing for the trips to Cambodia or New Zealand in the next few weeks. Thank you to Ms Andrea Mezger and the Stella staff who will accompany the girls on their adventurous journey.

Year 11 Retreat

Year 11 had a fruitful time last week on Retreat with their PC teachers, Ms Heraghty and Ms Collins, at Merroo Conference Centre, Kurrajong. We thank the teachers for using the retreat to prepare the girls for the challenge of the next twelve months and Ms Heraghty and Ms Collins should be thanked in particular for making the time so meaningful for the girls.

Prayers for our HSC girls

Please keep Year 12 in your prayers as they work through their HSC examinations over the next few weeks. I had the opportunity to be with them on the first day of their exams and I wished them well, telling them they had the support of the whole school.

Loving God

Be with Year 12 now as they complete their HSC exams.
Thank you for the talents and gifts you have given them
And for the opportunity they have had for a good education.
Calm their nerves and help them to remember all they have studied.
Help them express themselves clearly and help them to understand that they do their best not only for themselves and for their friends around them.
We ask this in Jesus’ name.
AMEN.

Elizabeth Carnegie, Principal

Stella Maris

ISSUE 30 - 16 OCTOBER, 2015
52 Eurobin Avenue, Manly NSW 2095
Ph: 02 9977 5144 Fax: 9976 2753
www.stellamaris.nsw.edu.au
administration@stellamaris.nsw.edu.au
UPCOMING EVENTS

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<td>Elite Sports Camp (till 21 Oct)</td>
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<td>4 Dec</td>
<td>Closing Mass</td>
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<td>7 Dec</td>
<td>Presentation Night</td>
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STELLA MARIS 40th ANNIVERSARY REUNION
Year 10, 1973 and Year 12, 1975
We’re organising a get together for ex-students of the above years on
Sunday 18 October at 12 noon
at the Harbord Beach Hotel
If anyone knows of past students who might have left at that time, please let them know about this reunion.
RSVP and any enquiries to Bernadine McGrath (Smith)
0414519108 or email bernie_mcgrath@stellamaris.nsw.edu.au

ENROLMENTS YEAR 7 2018
If you wish to enrol your daughter at Stella Maris College, Manly for Year 7 2018, we need to receive the Registration for Waiting List no later than Friday 30 October, 2015.
The Registration for Waiting List can be downloaded from our website www.stellamaris.nsw.edu.au.
For more information on enrolment or if you would like to visit our College, tours can be booked by contacting the College Registrar, Mrs Kerrie Dudley on 9976 1802.

Year 12 Formal 2015
Parents and Guardians are cordially invited to celebrate our community by joining with the staff at the Year 12 Formal
Doltone House
Wednesday 18 November, 2015
7.00pm for 7.30pm start
Enquiries: Colin Macallister, Head of Year 12
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.

P&F COMMITTEE

NEW ELECTRONIC SIGN
The Parents & Friends (P&F) Association 2014 have donated the new Stella electronic sign at the Benedict Campus. Many thanks to all those associated with the fundraising last year to make this sign possible, it looks great and is very informative for the Stella community.
Many thanks.

John Mills, President of P&F Association
KIRIBATI IMMERSION

In the last school holidays I was privileged to travel with the Good Samaritan Sisters and a group of teachers from Good Samaritan Schools as part of the Immersion program, to Kiribati, a small set of Islands near the equator.

I was blessed to immerse myself in the culture, to learn about life and the challenges of living in this remote area of the world and how climate change is affecting their lives now. We witnessed the Sister’s at work both on the main land at Tarawa and also across the lagoon at Aboakoro. They worked within the villages and community and the positive impact this has on lives without intruding on the culture and doing this with great respect was amazing. They were providing opportunities for education to pre-schoolers and primary school children but also to teenagers and adults through their contact with the larger community. We were privileged to be invited into these spaces and witness the work being done and also teach these incredibly motivated and excited students who valued education so much. We also learned so much from them as they shared about their culture, challenges and needs.

The trip was full of contrast, (at times it was challenging both physically and mentally), such beauty – the colour of the water was amazing yet you couldn’t swim in most of it due to the high levels of pollution. The roads, buildings, schools and villages were extremely poor and the resources were so limited and lacking (1 pen between 3 students). The rubbish was evident everywhere and the sanitation and water were a problem but through all of this the beauty of the people, culture, island and children and the inspiring people that worked alongside the communities was humbling. The passion and dedication for the work they were doing made you want to do and be better yourself. We meet 80 and 90 year old Sisters who had lived and worked in Kiribati since the 1950’s and have chosen to stay and continue their work today. Sister Margaret, an archivist, who collects and records the history of the Sister’s but also the history of Kiribati, especially around the events of WWII when they were invaded by the Japanese, is a wonder, so full of life and knowledge you could sit with her for days and listen to her stories.

We saw Aid being given through many projects and a Western influence although well – meaning was not always positive eg the introduction of plastics, disposable nappies and packaged foods which have no way to be disposed of so litter the landscape, but the overwhelming warmth, hospitality and pride that engulfed the people as you passed them and they greeted you with the biggest smile and the word “Mauri” – Hello, welcome, made you feel blessed to be part of this community even for a short time.

We immersed ourselves in culture and tradition, we were blessed and welcomed to country every where we went. We watched dancing and singing that gave you goose bumps, we husked coconuts, wove mats, learnt about foods and cooking, watched children climb coconut trees to collect the fruit, watched as men and women went about their daily tasks, and I never saw anyone upset, angry or a child crying or complaining.

I realised through all of this how important everyone is, no one better than another – just different. We all have skills and talents and gifts that can be used to make other’s lives better and we can all make a difference. I also learnt it is not about what we can do for other’s all of the time in such places but what can we learn from them. The Kiribati people had so little but were happy, proud, hospitable and grateful people that were so community minded and I feel blessed and so thankful of everyone that made my journey possible. I encourage you to take your own journey wherever that may be.

Nicole Boyde, Head of Year 8
PHILIPPINES IMMERSION

The eight days between 21-29 September spent in the Philippines have certainly become some of the most precious days of my life. With three other girls and two teachers from Stella, we were all fortunate enough to share and partake in an experience that has broadened our perspective and appreciation of the world around us, alongside students from other Good Samaritan schools.

I feel so privileged to have been able to see just how our efforts over here, from as little as a cake stall, are making an incredibly huge difference to the lives of others! From the children at the kinder school and the Boulevard to their mothers at the community centre, I certainly feel even more proud to be part of such a good cause, and I could not be more amazed at its effect!

The kids are absolutely gorgeous at the Kinder School – they expect nothing, but appreciate everything. Such gentle, loving and humble people who are always smiling – an absolutely incredible experience, one I will never forget! They are so rich in spirit and faith. A highlight for me was giving the kids the friendship bracelets, that were personalised with little notes to each individual child, that the Year 7 Stella girls had made. Their English isn’t the best as they are taught in their local language, but when I said to them “these are from your friends in Australia” their little faces completely lit up, they know that people are thinking of them and caring for them. And that was the goal for us, to connect the girls at Stella with the children at the Kinder School on a personal level not just through fundraising but actually knowing their beautiful stories. I am so grateful for this humbling experience and cannot wait to go back!

“People coming together as a community can make things happen.” This saying is truly lived out by the sisters of the Good Samaritan, and we were lucky enough to witness it. The Sisters who run the Kinder school have built a community which lives out the true meaning of hospitality... Like nothing you’ve ever seen before, almost incomprehensible! I thought I was going over to help those less fortunate than myself - when really they changed my life in ways I will be forever thankful for. From such a young age these children are taught the importance of hospitality, respect and loving relationships. We have so much to learn from them as we get caught up in our ‘materialistic Western world!’ Through the amazing experience of getting to know the Kinder school kids in the Philippines as well as other students from Good Samaritan schools across Australia I was able to fully comprehend the importance of the collaboration between our Stella community and our wider Good Samaritan community. As a result of this life changing journey I truly realised what is important in life, and that is the people around you. Lucky for us at Stella we don’t have to look beyond our school to find fabulous people!

This might sound like a total cliché, but the Good Samaritan 2015 Philippines Immersion was beyond incredible and brilliant from beginning to end, and, although I’ll try my best, whatever I say, write and remember will not do the experience justice. But for me, it was the people - the individuals and communities of Bacolod in the Philippines - that struck me the most. From the second we arrived, we were inundated with love, respect and acceptance. The Good Samaritan Sisters that established and nourished the Kinder School are the most dedicated, caring and honest group of women that I have ever met - words cannot describe the awe and admiration that I have for what they do. Similarly, the teachers at the school have forever redefined what I believe is hard work and devotion. One teacher told us how she has shaped her life around giving children an education - long story short, she lives away from her husband and child during the week to teach in Bacolod. And of course, the children of the Good Samaritan Kinder are, to say the very least, inspiring. As I played with and talked to the 120 gorgeous and wonderful kids that come from poverty-stricken backgrounds to achieve an education, I realised that they are just that - kids. This really reinforced the importance of our fundraising at Stella - a child's place of birth should not determine their opportunities. So despite the poverty and corruption that faces their country, the Filipino people remain happy and grateful for the people they know and what they have - something that we can all learn from!
CAREERS

HSC AND CAREERS EXPO 2016
- 2 & 3 June, 9am-3pm
- 4 & 5 June, 10am-3pm

AFTER SCHOOL JOB VACANCY
Monday and Tuesday 3.45-6.15pm at GO VITA, Manly Corso. Restocking and packing. Please ring Erica on 99772222 for an interview. Must be over 14 Years and 9 Months.

THE SIMPSON PRIZE - Closes 16 Oct
Years 9-10s. Award of international travel in 2016. Do an essay/audio visual on “The landing at Gallipoli on 25 April 1915 is often given prominence in accounts of the Gallipoli campaign. What other events or experiences of the campaign would you argue require more attention? Why?” http://www.simpsonprize.org/

MY FIRST SPEECH COMPETITION - Closes 23 Oct

BACHELOR OF MUSICAL THEATRE - Closes 30 Oct

BATEMAN BATTERSBY LAWYERS LAW BURSARY - Closes 31 Oct
$10,000 bursary if studying law in Sydney, Wollongong, Newcastle or ACT awarded to highest ATAR or IB. http://www.batemanbattersby.com.au/copy.asp?key=bursary

KENVALE COLLEGE
- Be the Chef - Closes 30 Oct Yr 12s. Scholarship for two day interactive program on being a chef. http://www.kenvale.edu.au/#!be-the-chef/c1bb0
  - The Get Real Events Experience Program - Closes 10 Nov
Year 11s interested in event management awarded partial scholarship and a week’s experience. http://www.kenvale.edu.au/#!get-real-events-experience/ck7n

ST PATRICKS INSTITUTE OF EDUCATION INFORMATION SESSION - 15 Nov
11.00am-1.00pm. Level 1, 65 York Street. For Diplomas in Business, Management and Business Administration. http://www.spie.edu.au/BookingRetrieve.aspx?id=34017

PGA INTERNATIONAL GOLF INSTITUTE SCHOLARSHIPS—Closes 15 Nov
Golf NSW Scholarship and JNJG Internship Scholarships integrating golf training and academic studies in Diploma of Golf Management. Study is at International College of Management Sydney. http://www.pgaigi.com/

AFS INTERCULTURAL PROGRAMS INFO SESSIONS

Jeanette Ferguson, Careers Advisor
2016 Language Exchange Program Info Night by Antipodeans
4 November 7.00-8.00pm

Find out about Antipodeans 2016 Language Immersion Program, a five or seven week homestay in France, Germany or Spain that combines going to a European high school, a homestay and group travel to see the sites! Antipodeans has a 25-year track record in youth travel programs overseas. Level 3 / 182 Blues Point Road, McMahons Point. Registration essential www.antipodeans.com.au/info-nights
Mums & Daughters: Street Smart Self Defence

Manly Community Centre will host a FREE violence prevention and empowerment workshop with Melanie Thomas from KYU! Project for local mothers and new girls on the 14 November 2015. In this fun, safe, hands-on workshop, Malarie will share personal safety tips and simple self-defence techniques any girl can use, no matter her size or skill level. Using relatable examples of real threats common to girls, such as public transport, public places and parties – girls and women learn to:

- Replace fear with confidence
- Trust their instincts and make smart choices
- Use the power of their voice to diffuse dangerous situations
- Get away from a situation that doesn’t feel right
- Fight back when needed
- Break the cycle of violence

kyuproject.com.au is a grassroots violence prevention and self-defence initiative – giving girls a voice.

FREE!

SPACES ARE LIMITED. DON’T MISS OUT!
REGISTER YOUR NAME, AGE AND SESSION TIME: 7TH NOVEMBER - 10AM OR 11:30AM
Call Manly Community Centre 9977 7864

EX-STUDENTS ASSOCIATION EVENTS

Inaugural Ex-students Association Annual Reunion and BBQ on the Retirement of Mary Ryland and Anne Coyte
All Ex-students welcome to a casual barbeque under the fig tree. 22 October, 6:00pm at the College.
RSVP to donna_stimson@stellamaris.nsw.edu.au

Class of 2005 10 Year Reunion
23 October, 7:00pm at Manly 16ft Skiff Club.
Enquiries can be directed to samantha.dingwall@gmail.com

STELLA OLD GIRLS OFFICIAL FACEBOOK PAGE
Join the conversation. Reconnect with old friends and with the College. We have over 1000 members.
https://www.facebook.com/groups/215051585190152/
You can also search in Facebook for Stella Old Girls Official Page.

Donna Stimson, Ex-Student Association Coordinator
STELLA STUDENT WINS CONFRONTING CONCEPTS PUBLIC SPEAKING COMPETITION

I think it is safe to say that as a global community, we face a number of issues. A number of issues which all can be solved with changes in policies, political agenda, but more importantly – a change in attitude and perspective. These issues include gender equality, the treatment of refugees, mental illness and the Palestinian and Israeli war, just to name a few. On 14 October seven Years 9 and 10 students make their way to The King’s School for a day filled with discussion on such topics – all being extremely relevant to today’s society, with the day being appropriately named Confronting Concepts.

Each school elected a speaker and panellist, with the remaining students participating in the (very vocal) audience. Being appointed the panelist, I was to play the role of adjudicator addressing the critical and confronting points in the speaker’s cases. As a panelist, I was given the opportunity to comment, agree and refute the opinions of others in an environment where my ideas, too, were considered or disputed with some degree of respect. Such debate not only restored my faith in humanity through understanding that there are people out there who do care for those in horrific situations, but made it clearer that if we were to ‘get over’ humanitarian issues here in Australia such as the very current refugee crisis, we would need to elect much more capable politicians. Discussion like this was prevalent and definitely an experience not quite available in a typical classroom situation. Our very own speaker Grace Kendall in Year 10 was awarded ‘The Most Confronting Speech’ where the only word to describe her case would be confronting. The amazing delivery and intelligent matter combined to become a speech which empowered every person in the audience to be much more aware about the social dangers those with mental illnesses suffer as well as how we as people unknowingly succumb to stereotypes. If there is one thing to take away from the day, it would have to be that if one is passionate about an area such as gender equality, homelessness or indigenous rights for example do not hesitate to take action, as it will lead us one step closer to living a much more productive, peaceful and prosperous life.

Evelini Dar 9.8

This week The King’s School, North Parramatta, hosted the 3rd annual Confronting Concepts day. Students from several schools prepared confronting, engaging and informative speeches.

Grace Kendall, Year 10, won the top award of the Most Confronting Speaker. Her topic was “Broken leg, broken heart, broken mind: is the difference how we react?” Congratulations Grace! This is an extract from her speech.

“Dumb. Useless. Evil. Lazy. Weak. Liar. Ungrateful. Dangerous. Pathetic. Possessed. Day by day, this is how those with mental illnesses in our society are treated.”… “In Australia, 45% of the population will experience a mental disorder at some stage in their lives. Approximately one in five will experience a mental illness in a one-year period, and at least one third of young people have had an episode of mental illness by the time they reach the age of 25. However, despite the regularity of mental illness in our society, there is a prevalent action of stigma, namely, labeling a negative stereotype towards the mentally ill.”

Congratulations to Evelini Dar, Bridgette Boydell, Grace Kendall, Caitlin Bruce, Charlotte Carr, Mellissa Candrick and Hannah Bowley for representing Stella Maris at this event.

Ruth Longworth, Gifted & Talented Coordinator
MATHS HELP

The Mathematics department wants to encourage all students to come along to regular sessions of Maths Help this term. With examinations coming up later on for all students in Years 7 – 10, it could be a good way to consolidate understanding of topics covered and ask for some guidance on work that you might be finding challenging.

Students could bring:
- Any homework questions they have found difficult
- Questions from Mathletics or Hotmaths tasks that have caused a problem
- Private study that they are working through

A Mathematics teacher will be available on the following days in E28 from 3:30 – 4:30pm to help you:
- Week 3 Monday 19 October
- Week 4 Wednesday 28 October
- Week 5 Monday 2 November
- Week 6 Wednesday 11 November
- Week 7 Monday 16 November
- Week 8 Wednesday 25 November

Kim Naylor, Head of Mathematics

YEAR 9 ITALIAN

Year 9 Italian have written Children’s Books in Italian as part of their Year 9 study of the Italian Language. They have chosen a variety of themes and topics to create original stories ranging from describing their family to recreating an Italian version of the classic Cinderella story going to a Masquerade Carnevale Ball.

The girls wrote creatively and were able to broaden their thought process and think of the world in a different and unique way from their peers. They were able to use new words and associated grammar to create a Children’s Book that would appeal to a wide audience. They certainly benefited from expressing thoughts and ideas in a language other than English.

The girls are to be congratulated for their fine achievements and the excellent quality of their finished product. They are on display in the Library.

Teresa Milazzo, Teacher of Italian
PERFORMING ARTS

UPCOMING EVENTS

Wednesday 28 October: Dance Night will begin at 7.00pm in the Star of the Sea Theatre.

Wednesday 4 November: Year 9 Drama Production ‘Mirror Mirror’ will begin at 7.00pm in the Star of the Sea Theatre.

Thursday 5 November: Junior Drama Ensemble Evening will begin at 7.00pm in the Star of the Sea Theatre.

Monday 9 November: Year 9 and 10 Elective Music Excursion to ABC Studios and Big Bang Sound Recording Studio.

Thursday 12 November: All Elective Music students will be singing at Miss Ryland’s Farewell Mass at 5.30pm at St Mary’s Catholic Church, Manly. Students need to meet at 4.00pm for a sound check and warm up.

Wednesday 18 November: Elective Music excursion to Matilda the Musical. If you have not yet given permission please log in to the portal and do so. I have now opened up the remaining tickets to Senior Dance students. Don’t miss out!

Wednesday 18 November: Year 7 Music Night will begin at 7.00pm in the Theatre. All Year 7 will be performing. If you are unable to attend please contact the music staff ASAP. All students are to be backstage at 6.30pm to set and warm up.

Monday 30 November: Vocal Night will begin at 6.30pm in the Music Room. Supper provided!

Tuesday 1 December: Concert Band and String Ensemble trip to Stella Maris Primary School and Jamberoo Recreation Park. Permission details are on the portal so please login to give permission.

Jessica Maker, Head of Performing Arts

SCIENCE

YOU’RE INVITED TO GO TO NASA!

I am pleased to announce that as a member of the Alliance of Girls’ School Australasia (AGSA), Stella Maris is participating in the proposed combined girls’ schools expeditions to the USA to attend NASA’s international program, specially tailored to develop leaders of the next generation. The aim is to send a group of both junior and senior students:

The junior Astronaut Training program is for students in Years 7-9 next year and is scheduled for June/July 2016.

The senior MBA for Youth program is for students in Years 10-11 next year and is planned for December 2016.

An information night will be held Wednesday 28 October at Queenwood in the Lawrance Seminar Room at the Sports and Science Campus at 44 Mandalong Road, Mosman:

• At 6.00-7.00pm for the junior program
• At 7.30-8.30pm for the senior program

An invitation has been emailed to all parents for online reply. On this occasion at Queenwood, we will be joined by students and parents from Monte Sant’ Angelo and Loreto Kirribilli but the tour is open to interested AGSA girls’ schools right across Sydney.

The program aids in the development and success of our students in terms of career prospects and the ability to deal with real-life situations. Aside from providing students with an unforgettable experience, students come to recognise the importance of multidisciplinary learning as well as the role imagination plays in critical thinking and problem solving. These are lifelong skills that our students will be able to adapt and use in any situation.

Elizabeth Carnegie, Principal

YEAR 11

YEAR 11 RETREAT

On the first day back this term, Year 11 went on a particularly engaging Retreat that was to last for 3 days. Over this time, we were able to reflect thoroughly on our goals and plans in preparation for the year as Year 12 students and were given the opportunity to strategize study patterns in which we can now embody in our academic work. I found this to be especially valuable as we begin the process of practicing good time management and work habits. Overall, it was a journey not to be missed and I believe that the year group has certainly returned to school ready for the term ahead!

Hayley Jago 11.2
TALENTED ATHLETE PROGRAM

On Wednesday and Thursday 21-22 October the Stella Elite Sport Camp will be taking place for the students who have been accepted into the Talented Athlete Program for 2015. The girls are looking forward to two days of sport and fun activities. The camp will involve training sessions and hearing from experts in different areas such as nutrition, injury prevention, strength and conditioning and motivation. The girls will also have the opportunity to do fitness tests and participate in challenge activities such as the ropes course.

NSW ALL SCHOOLS ATHLETICS

Congratulations to Sydney Kania, Skye Cselko, Amy Polikowski and Sophie Wickham who competed in the NSW All Schools Athletics Championship at Homebush last weekend. A special congratulations to Sydney Kania who won gold in the 14 years high jump and Sophie Wickham who won bronze in the 14 girls 400m.

The girls all performed brilliantly and we congratulate them on their outstanding results:
Sydney Kania: 1st high jump, 16th long jump, 10th triple jump
Sophie Wickham: 3rd 400m, 5th 200m
Amy Polikowski: 6th discus, 5th shot put
Skye Cselko: 13th triple jump, 19th long jump

TOUCH FOOTBALL DEVELOPMENT

Our touch football development program is now full. This program will run again in Term 1 next year. The girls involved in the program are learning great skills and enjoying becoming better touch football players.

BROKEN BAY SOFTBALL TRIALS

Any student who is interested in trialling for the BBSSSA Softball Team should email Mrs Jenny Wickham for registration and details of the trial which will be held in November.

BROKEN BAY SURFING

The BBSSSA Surfing Carnival, which was postponed twice in Term 3, has been rescheduled for Friday 27 November.

ST AUGUSTINE’S BIATHLON

The St Augustine’s Biathlon will be held on Thursday 26 November at Shelley Beach. This will involve an ocean swim and a 5km run. Details will be sent to students in the coming weeks.

REPRESENTATIVE WATER POLO

Good luck to our representative water polo teams who will be competing at the BBSSSA Water Polo and NSWCCC Gala Days in the coming weeks.

Jenny Wickham, Sports Coordinator
VOLUNTEERS’ THANK YOU EVENING
Our Volunteers’ Thank You Evening is coming up. Please remember to RSVP by Tuesday 3 November.

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.

Information: 1300 369 783
Add Funds: 1300 884 668

- 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.

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.

VOLUNTEERS
Please be aware that electronic number plate identification is now in force in our parking areas. It may mean you could be booked for overstaying, even if you move after 2 hours to another spot within the same zone. You can still park above the stairs at Queenscliff, in Kenneth Road or over the bridge on Pittwater Road, toward the Mall as this is all Warringah Council area and therefore no restrictions. Sorry for the inconvenience but this is out of our control.

Bernie McGrath & Cheryl Young, Canteen Supervisors

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

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<td>Jodie Bolin</td>
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<td>Kerrie-Ann Foresto</td>
<td>Lindsay Harrison</td>
<td>Trish Malone</td>
<td>Cath Donald</td>
<td>Claudia Mitchell</td>
<td>Kelly Stoker</td>
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<td></td>
<td>Christine Campbell</td>
<td>Mariko Miyagishima</td>
<td>Matthew Sunn</td>
<td></td>
<td>Nicky de Nysschen</td>
</tr>
</tbody>
</table>

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

SECONDHAND UNIFORMS
Please contact us prior to bringing in items to check if they will be accepted. If accepted they will be on consignment.

BE PREPARED FOR THOSE SUMMER SHOWERS!
We are now selling compact folding umbrellas. They are green with ‘Stella’ printed in silver and can easily be carried in the backpack or kept in a locker. Cost is $30. Available to students, family, friends and staff.

SUMMER DRESS DELIVERY
We have had a delivery of junior and senior dresses. If you daughter’s dress needs replacing, please come and see us. New dresses are $80. There are virtually no second-hand dresses available.

Year 9 change into the senior dress for the start of Term 1 2016. They are to purchase their dresses this term while we have plenty of stock in all sizes.

PRICE LIST
- Summer Dress $80.00
- Jumper (cotton & wool) $65.00
- Socks $7.50
- Sport polo $30.00
- Sport shorts $26.00
- Sports bag (compulsory for Yr7 / optional for Yrs 8-11) $15.00

Gail Hickey & Maree Sewell, Uniform/Book Shop Supervisors
9976 1819 or uniform_books@stellamaris.nsw.edu.au

VOLUNTEERS DINNER
The Volunteers Dinner will be held Tuesday 17 November 6-8pm on the deck at the main campus. Please contact us if you have volunteered this year and not received an invitation. RSVPs are required by Tuesday 3 November in order to organise catering.

VOLUNTEERS
Tuesday 20 October - Gillian Wymper
Wednesday 21 October - Sandra Marshall
Discover International Volunteering

Do you want to nurture opportunities:
- For those who have not had the advantage of an Australian education?
- To improve the operations of organisations in vital sectors of local communities?
- To assist self-reliant and sustainable communities?

Communities in East Timor, PNG, Kenya, Kiribati, Samoa and elsewhere are asking for qualified and experienced Australians to assist in education, health, administration, agriculture, trades and other sectors.

For 55 years Palms Australia has assisted communities to recruit and prepare Australian volunteers to share their lives and skills.

Join Palms Australia for a weekend of Discovery to:
- Hear the experiences of present and past volunteers
- Witness the testimony of Palms partners
- Develop a cross-cultural toolkit with strategies for self-care, cultural adaptation and relationship management.

Where and when?

A Discovery Weekend (www.palms.org.au/volunteer/discovery) will be held on 24-25 October, at Peter Canisius House (102 Mona Vale Road, Pymble).

RSVP to leanne@palms.org.au by Sunday 18 October 2015 or call 02 9518 9551 (Mon-Fri, 9am-5pm).

We CAN do better for people seeking asylum

Following the Australian Catholic Bishops Social Justice Statement, Catholics across Australia are calling for all people held on Nauru and Manus Island to be brought to safety in Australia. The Catholic Alliance for People Seeking Asylum (CAPSA) is running an online action, asking our politicians to commit to doing better for people seeking safety. It takes less than 30 seconds to add your voice. Visit www.capsa.org.au today.