Dear Stella Community,

A recent report ‘Re-assessing Assessment’ by the NSW Board of Studies, Teaching and Educational Standards (BOSTES) has opened up discussion around effective strategies for assessment in schools. It also suggested that parents should carefully consider how to assist their children in the completion of their homework (http://www.cese.nsw.gov.au).

According to a blog article reflecting on the BOSTES report, the type of parental involvement in homework can have an impact on student achievement (https://theconversation.com/children-learn-from-stress-and-failure-all-the-more-reason-you-shouldnt-do-their-homework-47754). University academic Rachael Sharman’s article in the Conversation* suggested that we should assist our children by helping to develop a mastery mindset rather than a performance mindset. Failure was an important part of the mastery mindset as you learn skills, the areas that need improvement and coping strategies when you don’t succeed. As parents and teachers we need to assist young people to develop resilience. If we focus on performance only then we may encourage the development of unhelpful behaviours such as anxiety, fear of failure and avoidance.

This article suggests ideas similar to those I have written about earlier this year, from Carole Dweck’s work, which focus on the importance of mindset or how we view learning as an opportunity - with mistakes providing a valuable chance to learn. This year I have had the great privilege of interviewing many of our 2016 and 2017 Stella Girls who are keen to see the start of high school as an opportunity to learn and challenge themselves to be a student actively engaged in learning. It is our task, as a College, and yours as parents, to maintain this positive approach to learning and see those moments of failure along the way as great learning moments and an opportunity for us to reassess and find useful ways to support them.

*The Conversation is an online collaboration between editors and academics to provide informed news analysis and commentary that’s free to read and republish.

Congratulations

Grace Joseph, Gemma Williams, Grace Cox and Bella Filacuridi are to be congratulated for their enthusiasm and support of the Legacy Week annual fundraiser which contributes to Legacy’s cause of providing long term support to the families of veterans.

Prayers for our HSC girls

Please keep Year 12 in your prayers as they work through their HSC examinations over the next few weeks.

A PRAYER (Inspired by ‘Laudato Si’)

Creator God, teach us to contemplate you in the beauty of the universe.

Awaken our praise and thankfulness for every being that you have made.

Give us the grace to feel profoundly joined to everything that is.

AMEN.

Elizabeth Carnegie, Principal

STEELLA MARIS NEWSLETTER

ISSUE 31 - 23 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

FROM THE PRINCIPAL

STELLA ON FACEBOOK

We encourage all parents and students who are on Facebook to like Stella Maris College, Manly on Facebook at https://www.facebook.com/smcmanly.

Our Facebook page is quickly becoming an important way to connect with what’s happening around the College and create a lively online community. It will also be the most efficient way to get up-to-the-minute information during emergencies, like the storm earlier this year that brought all our systems down.
## Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>28 Oct</td>
<td>Dance Night</td>
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<tr>
<td>6 Nov</td>
<td>Year 11 BYTE</td>
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<td>10 Nov</td>
<td>Year 7 2016 Orientation Day</td>
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<td>14 Nov</td>
<td>Duke of Edinburgh Silver New Zealand Trip (till 19 Nov)</td>
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<td>17 Nov</td>
<td>Volunteers Thank You Evening</td>
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<td>18 Nov</td>
<td>Year 12 Formal</td>
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<tr>
<td>27 Nov</td>
<td>Duke of Edinburgh Gold Vietnam Trip (till 7 Dec)</td>
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<tr>
<td>4 Dec</td>
<td>Closing Mass</td>
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<td>7 Dec</td>
<td>Presentation Night</td>
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## 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](http://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.

## 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/](https://www.facebook.com/groups/215051585190152/) You can also search in Facebook for Stella Old Girls Official Page.

Donna Stimson, Ex-Student Association Coordinator
PARENTING TODAY: THE BONSAI CHILD by Dr Judith Locke

Recently some of the Heads of Year went to a presentation on over-parenting by Dr Judith Locke. Her presentation was based on her PhD and continuing research into parenting and schooling; both hot topics as parents and educators. She has recently published a book called The Bonsai Child which discusses the trends of parenting today and the impact of extreme levels of parenting on children.

It is not surprising that parenting has changed enormously in the last couple of decades and the 21st century has seen major changes in communication, patterns of work and socialising. Our goals for raising the next generation have also changed as prosperity in our society generally causes higher levels of needs beyond the basics of food and safety; such as a need for a feeling of belonging, being loved and loving others. Most of these needs are met by today’s adolescents and there is usually a high level of care and love in the family, therefore there is often more of a focus on the esteem and confidence needs of the child instead.

Dr Locke notes that we live in a time when the skills for future success are unclear. Without being certain of the expertise required in possible future job arenas, our fall-back is the one trait that appears to be most important in mastering the necessary skills of everything. That trait is self-esteem, however she warns against the notion that self-esteem or ‘feeling good’ as the only thing necessary to doing well in life.

It is actually difficult to create good feelings in people without them actually doing something they feel good about. So, some people (often parents) have been driven to attempt short-cuts by using artificial means to produce good feelings in their child. They might praise them or manipulate circumstances so the child does well, such as ensuring they win or get what they want. In essence, everyone wants the best for their child but producing good feelings in this express-post way has problems in that they are temporary, need to be topped up continually and dissipate quickly as they were not really hard won.

Even worse, children can become highly reliant on others putting in the effort for them, causing the child to miss the opportunity to do well by actually facing the situation and learning to cope with something challenging. If a child can be left to cope with a situation and overcome problems themselves, they have the chance to feel a sense of achievement and feel confident in themselves (thus leading to ‘feeling good’). Dr Locke has found that many adults take on a lot of responsibility for making children always feel good and this can sadly lead to less than desirable outcomes.

So love is not necessarily shown by ensuring your child is winning or successful all of the time.

By ensuring success and manipulating situations, a parent is showing how unacceptable a child might be if they weren’t successful. If parents manipulate victories the child is then given the message that they need to win to gain parent approval or even their love. Therefore it is up to our children to achieve for themselves without the idea of ‘mowing the lawn’ in front of them to ensure an easier path. Resilience in facing hurdles and challenges assist children in feeling good from their own merits and tackling issues for themselves that will inevitably arise in the future.

Dr Locke also discusses poor behaviour in children and the belief by some parents that when there are problems and disrespect shown, it is due to low self-esteem or poor confidence. She believes this isn’t necessarily the case and is more concerned when she sees children who don’t care if they are disrespectful or aggressive toward the people who show them love and kindness (ie: parents).

She remarks that if parents allow disrespect, bad patterns are established for how they will treat people who love them, which is a poor start to developing good relationships in the future. If parents do not give effective consequences to behaviour, such children might be encouraged to feel as sense of entitlement and form an unreasonable expectation that they are at the centre of the universe and can do as they please in relationships and in their environment.

This sense of entitlement often looks like low self-esteem as the child’s sense of well-being depends on constantly being the centre of attention or always having control of the household. Such children tend to become despondent when they don’t have the power or the spotlight.

So these children can become even more dependent on an adult’s assistance and can begin to doubt their capacity to face life’s challenges and continue to not feel good about themselves.

Dr Locke discusses an authoritative parenting approach as an ideal for parents today. This is where parents demand their child behave appropriately but who are loving towards their children, whilst allowing them to be more self-reliant. She says this parenting method tends to be associated with improved well-being, resilience, sense of security and popularity in children. In today’s world with so much emphasis on ‘making your child feel more important’, much advice has resulted in the view that ideal parenting allows the child to dictate the terms in the family, rather than the parents. Dr Locke points out that not much advice has come out on the importance of demanding certain behaviours from children and how parents can do this. As the adults, parents are in a good position to decide the best things a child should do, including whether their 14 year-old should go to the all-night rave! She notes that parents are often wanting to pay more attention to their child’s wishes than their own common sense when making decisions about child rearing which has been detrimental in the research.

Overall it is clear from Dr Locke that children are resilient to minor ups and downs, even in some events considered more serious. They can achieve on their own with the guidance of parents, but not with parents ‘mowing the grass’ in front of them. If parents are loving with reasonable expectations of their child’s behaviour, then typically they will be getting it right.

If you would like to read more you can find links to purchase Dr Locke’s book at Bonsaichild.com.

**Extract summarised by Kristie Ferguson, Head of Year 7**
The University of Sydney Gifted and Talented Discovery Program - Closes 23 Oct

Cultural Care Au Pair Information Sessions
24 Oct: 10.00am Wollongong City Library, Wollongong.
25 Oct: 10.00am, Charlestown Library, Newcastle.
16 Nov: 6.00pm, Online.

Student Exchange Australia and New Zealand Early Bird Discount - Closes 31 Oct

UNSW Minerals Summer School - Closes 31 Oct
18-20 January. Year 10-11s into science or engineering. Learn about the course and careers opportunities. Contact mining@unsw.edu.au. http://www.engineering.unsw.edu.au/mining-engineering/unsw-minerals-summer-school

AIE
• Applications Open http://www.aie.edu.au/
• 21 Nov - Open Day: 10.00am-3.00pm. Canberra & Sydney. Presentations on career training for game development, 3D animation and visual effects. http://www.aie.edu.au/openday

ACE THE HSC SEMINAR, Term 2015
• 1 Nov: UTS, Broadway Campus.

Antipodeans Abroad Language Immersion Night - 4 Nov
7.00-8.00pm. 3/182 Blues Point Rd, McMahons Point. Study a foreign language abroad on an exchange program. http://www.antipodeans.com.au/Programs/Language-Immersion

ACTS College of Theatre & Television Auditions
• 9 Nov: Advanced Diploma of Music Theatre.

The St Patricks Full Time Diplomas of Business and Business Administration Info Session - 15 Nov
11am. Level 1, 65 York St, Sydney. Year 10, 11 and 12 leavers. No ATAR required. VET FEE-HELP available. Excellent job prospects. With partnership with the University of New England allowing credits towards a Bachelor Business.

TOP EDUCATION INSTITUTE SYDNEY CITY SCHOOL OF LAW INFORMATION EVENING - 26 Nov
5.00-7.00pm. Suite 1, Biomedical Building, 1 Central Ave, Australian Technology Park, Eveleigh.

Sydney TAFE Information Sessions and Courses
• 25 Nov: Bachelor of Applied Management, 6.15-7.30pm, St George College
• 26 Nov: Diploma or Certificate III in Early Childhood Education and Care, 10.00am-12.00pm, Loftus College, Petersham College, Randwick College
• 2 Dec: Hospitality, 11.30am-6.00pm, The Apprentice Restaurant, Lvl 7, Building E, Cnr Harris & Thomas St, Ultimo
• 2 Dec: Graphic Design, 4.00-6.00pm, St George College, Building M, Lvl 1, Room 3 (M1.3), 19 Montgomery St, St George
http://sydneytafe.edu.au/newsevents/events

Bedford College Scholarship - Closes 30 Nov

Fellowship of Australian Writers Literary Award - Closes 30 Nov
Enter poetry or short stories under 3,000 words. http://writers.asn.au/national-literary-awards/

Southern Cross University Main Round Undergraduate Scholarships - Closes 20 Dec

The University of Notre Dame Academic Merit Scholarships for Commencing Students - Closes 31 Dec
Receive a fee paid year of full time tuition. http://www.nd.edu.au/scholarships/academic-merit-scholarships

Australasian College of Natural Therapies Scholarships - Closes 17 Jan
In Bachelor of Health (Naturopathy), Bachelor of Health Science (Nutritional Medicine), and in Diploma of Health Science. Scholarships cover first year tuition. http://www.acnt.edu.au/student-centre/scholarships

Australian National College of Beauty Scholarship - Closes 17 Jan

Careers with Woolworths
Woolworths, Big W, BWS has apprenticeships and casual, part time or full time positions. www.wowcareers.com.au

The University of Sydney. Sydney Summer School
December to February. A taster of academic offerings and start your degree if just completed Year 12. http://sydney.edu.au/summer/

CSU Scholarship Search
Macquarie University Bachelor of Archaeology Online Video

Commonwealth Scholarships

Evolution Business College
Dip of Business or Dip of International Business, Advanced Dip of Management includes sponsored international internships. VET Fee Help available. Call (07) 3338 0717 or email: info@evolutionbusinesscollege.com

Macquarie University Scholarships
Applications now open. mq.edu.au/scholarships

Jeanette Ferguson, Careers Advisor

Get Real Events Experience
Event Management Scholarship Program

The Program
Get Real Events Experience is a joint program run by Kenvale College in partnership with a number of industry establishments in Sydney. The program will give selected students:
1. One week of workplace experience in a hospitality or events environment.
2. A chance of winning a scholarship to study Hospitality and Event Management at Kenvale College.

How does Get Real work?
1. Apply: Year 11 students in 2015 can apply to Get Real by submitting the online entry form.
2. Interview: Applications are reviewed and students are called for group interviews at Kenvale College. The skills assessed include listening and communication skills, leadership & team building and service attitude.
3. Selection: 15 students will be selected to participate in one week of workplace experience in Hospitality and Events.
4. Work Placement: Students will be placed with one of the participating businesses and will be trained on the job.
5. Winners announced: Two students will be awarded a partial scholarship based on their overall performance. The winners will be announced at the Graduation function at Kenvale College.

The Scholarship
This is a partial scholarship whereby the winners will receive:
- Entry into the Kenvale Hospitality and Event Management program.
- A $3,000 grant towards their college fees.
- One week of work experience working on an event in New Zealand (at the end of the first year) including airfares, meals and accommodation.

Key Dates in 2015
- Nov 10: Year 11 students can apply
- Dec 29-30: Interview
- Jan 2015: Final selection
- Feb 2015: King’s College Graduation function

Contact: Darren McIlwaine
T: +61 2 9339 0233
F: +61 2 9339 0272
E: darren.mcilwaine@kenvale.edu.au
W: www.kenvale.edu.au

Australia’s newest law school
Sydney City School of Law
Sydney City School of Business

A law school experience ultimately is about people — your professors, the school’s support staff, your fellow students and all who comprise the School’s community. We are confident that you will find your Sydney City School of Law (SCSL) experience to be one of the most engaging, impactful and formative experiences of your life.

Contact us:
www.top.edu.au - 02 9209 4888 - admission@top.edu.au

Layne Beachley Foundation scholarship program applications open.

This year we’ve also launched the inaugural Layne Beachley Foundation Scholarship specifically designed for young women on the Northern Beaches. To be eligible for this $4,000 grant applicants must be 12+ years, be an Australian resident and have the passion and drive to achieve a dream their dream.

Applications are also open in Academia and Education, Arts and Entertainment, Business and Leadership, Culture and Community Development, Environment and Sustainability, Science and Technology, and Sport.

Since its inception in 2003, the Layne Beachley Foundation has granted over 400 scholarships across a broad range of areas. For more information visit our website, Facebook page or take a look at a video of past recipients.
OVERSEAS TRIPS 2015

There will be a parent information meeting for the Duke of Edinburgh overseas trips in the Theatre on Tuesday 27 October at the following times:

5.30-6.15pm: New Zealand Trip
6.15-7.00pm: Cambodia Trip

On the evening could you please return the following:
- Completed medical form
- Statutory declaration
- Student contract
- Copy of travel insurance

If you are unable to attend and would like a copy of the information presented please let me know.

Andrea Mezger, Duke of Edinburgh Coordinator

 DISTINGUISHED SUCCESS

The International Competitions and Assessments for Schools are independent evaluations of students’ skills and knowledge in core learning areas and provide insight into students’ understanding. The skills and understandings tested are important indicators of success in school and beyond.

Many students in the WINGS Gifted and Talented program have achieved outstanding success in competitions that have been held recently. Congratulations girls on your enthusiasm and achievements. Awards will be presented at year meetings.

ICAS Maths Competition Results - 46 Participated: 11 Distinction, 22 Credit, 4 Merit

Year 7 Distinction: Brianna Campbell, Emma Cherry and Lia Sison

Year 7 Credit: Bianca Beck, Daniella Birrell, Freya Chew-Harris, Annabelle Gilbert, Megan Green, Isabelle Kendal, Mia Lane, Rebecca Mackenzie, Sarah Maher, Peggy McKenzie and Taylah Scrymgour

Year 7 Merit: Hayley Dalton and Zoe Pearson

Year 8 Distinction: Sophie Pinner, Riona Chapman, Sophie Douneen, Caitlin Yeates and Brianna Coles

Year 8 Credit: Ella Bennett, Vicki Cuthbert, Erin Fisher and Carly Lavings

Year 8 Merit: Audrey Tan and Hayley Hopkins

Year 9 Distinction: Ashley Torrington

Year 9 Credit: Naya Broome, Evelini Dar, Bridgette Boydell and Kate Townsend

Year 10 Distinction: Caitlin Bruce and Charlotte Carr

Year 10 Credit: Rebekah Odgers, Hannah Bowley and Stephanie Cramer

Australian Mathematics Competition Results - 5 Distinction, 20 Credit

Year 8 Distinction: Carly Lavings and Riona Chapman

Year 8 Credit: Monica Ballester, Inez Enright, Hayley Hopkins, Vicki Cuthbert, Mia McLean-Smith and Erin Fisher

Year 9 Distinction: Kate Townsend, Bridgette Boydell and Ashley Torrington

Year 9 Credit: Naya Broome, Joumana Quinn, Miah Argent and Aria Ellis

Year 10 Credit: Inde Halligan, Alison Godbier, Guxi Liu, Rebekah Odgers, Emily Simpson, Charlotte Carr, Kamryn Bock, Jinni Zhu, Grace Kendall and Holly Young

Ruth Longworth, Gifted and 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 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
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.

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!
• 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 multi-disciplinary 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
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.

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

CANTENE ROSTER

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<tr>
<th>Mon 26 October</th>
<th>Tue 27 October</th>
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<th>Thu 29 October</th>
<th>Fri 30 October</th>
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<tr>
<td>Brigitte Sewell</td>
<td>Jo Nesbitt</td>
<td>Simone Davies</td>
<td>Beverley Diaz</td>
<td>Julie Lachele</td>
<td>Jo Palme</td>
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<td>Dianne Park</td>
<td>Susie Kirk</td>
<td>Cecilia Jago</td>
<td>Rebecca Crowley</td>
<td>Glenda Jacobson</td>
<td>Jody Sutherland</td>
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<td>Helen Scott</td>
<td>Rose Pittar</td>
<td>Sandy McIndoe</td>
<td>Sonia Panetta</td>
<td>Tracey Feron</td>
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<td>Nina Gosford</td>
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<td>Nicky de Nysschen</td>
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<td>Leoni Graham</td>
<td>Sally Norton</td>
<td>Michelle Tetley</td>
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<td>Emilie Strong</td>
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<td>Gilly Wymer</td>
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CANTEEN ROSTER

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

UNIFORM SHOP

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 $15. Available to students, family, friends and staff.

PRICE LIST
A4 VA Diary 120 page 1/2 lined, 1/2 blank reduced to $10.00
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

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.

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 29 October - Margaret Boyd

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

**Stress Less Day**

*SUNDAY 25 OCTOBER 2-5PM*

Are you a parent or a carer?

Are you interested in finding ways to help bring balance back into your life?

Want some strategies on how to support your anxious child?

Come to this FREE afternoon of great speakers, try out different wellbeing activities, meet local complementary health practitioners, buy a home baked cake or just take some time out for yourself.

When: 2.00 - 2.45pm: David Wilson-Dowse - Strategies for self care
2.45 - 3.30pm: Sylvia Ruocco - Strategies for supporting an anxious child
3.30 - 4.00pm: Catch up with friends or buy a home baked cake
4.00 - 5.00pm: Wellbeing “taster” sessions

Venue: Mona Vale Hall, Park Street, Mona Vale

Contact: Sue Johansson on 0435 835 963 or suej@ransw.org.au

Please note that child care will not be provided.

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**FRENCH MARKET**

To all lovers of French food and culture! Join us for the annual French Market at Killarney Heights on **Sunday 1st November from 9.30am - 3.00pm at Killarney Heights Public School**. With over 60 stalls, experience authentic French food, shop for unique gifts and homewares and keep the family entertained with a range of activities and rides for children.

All proceeds go to the French/English Bilingual Program of Killarney Heights Public School, managed in partnership between the school and FANS (French Speaking Association of the North Shore).

For more information about the market or FANS email info@fanssydney.org or call 02 9451 4185. Our Facebook page for the market is: https://www.facebook.com/French-Market-Killarney-Heights-1486851748275947. Please like and share!

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**ROXY #RUNSUPYOGA EVENT**

**OCTOBER 24TH MANLY, AUSTRALIA**

**BEACH YOGA | 3KM RUN | 1KM SUP**

ROXY’s global outdoor fitness tour, #RUNSUPYOGA has arrived in Sydney. For adventure seekers everywhere, ROXY invites women to join us in an epic day of fitness and fun with a run, stand-up paddleboard and yoga by the beach.

**REGISTER NOW!**

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**Teaching someone to drive can be a happy experience.**

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

**The next workshop in your area will be held:**

**TIME & DATE:**
Tuesday 15th November
**VENUE:**
Marly Library Meeting room, Market Lane, Marly

**BOOKINGS ESSENTIAL:**
9976 4819 or email records@marly.nsw.gov.au

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FRENCH MARKET

To all lovers of French food and culture! Join us for the annual French Market at Killarney Heights on **Sunday 1st November from 9.30am-3.00pm at Killarney Heights Public School**. With over 60 stalls, experience authentic French food, shop for unique gifts and homewares and keep the family entertained with a range of activities and rides for children.

All proceeds go to the French/English Bilingual Program of Killarney Heights Public School, managed in partnership between the school and FANS (French Speaking Association of the North Shore).

For more information about the market or FANS email info@fanssydney.org or call 02 9451 4185. Our Facebook page for the market is: https://www.facebook.com/French-Market-Killarney-Heights-1486851748275947. Please like and share!

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