Dear Stella Community,

Teenagers’ Online Experiences

The London School of Economics reports that the changing patterns of children’s’ digital use are worth consideration. Market research agency Childwise has been tracking UK children’s media uses since 1997. In the last decade the results indicate that the internet is now in the homes of nearly all 7-16 year olds.

When asked what is the benefit of the ongoing connectedness of their children is, parents can take a moment to think. Certainly, these devices serve as useful ways to occupy kids, and children welcome such moments, especially as it means they get to do what they really like on their digital media ‘under the radar’.

http://blogs.lse.ac.uk/parenting4digitalfuture/2015/10/21/childrens-internet-use-is-more-personal-mobile-and-even-fair-while-parents-pick-up-the-cost/

When I first began to advise parents about creating protocols around their child’s internet use in 2007 in a one-to-one laptop school, I suggested to parents to limit computer use to the family spaces and ask them to supervise student use of computers when doing homework. Now as every teenager has a mobile phone in their hands at all times, this suggestion seems out of step with the reality of being a parent to a teen today.

Perhaps the conversation starts with how we want to be family together. A start could be with the dinner table being a ‘phone-free’ zone. It is important that families have time that is uninterrupted by technology but we are all still learning about the etiquette of technology in this connected world.

In a survey of British teens (e-Safer Suffolk) the following results were found:

- At the age of 14-15 years, 37% of young people spend more than five hours per day online whereas only 13% of the 10-11 year olds do so. 71% of the 14-15 year olds and 36% of the 10-11 year olds say their parents do not limit their time online.
- 19% have experienced some form of online aggression including homophobia or racism.
- 7% have visited gambling sites
- 16% have had their social media account hacked
- 6% have had their personal details hacked or stolen
- 2% have had credit card details stolen and the card used
- 5% have been tricked into paying money for something they did not want
- 4% have been tricked into buying fake goods
- 50% say none of these has happened to me.

http://youthworkconsulting.co.uk/uploads/14802889472015_02_09_Cybersurvey_2014_FINAL__4a_.pdf

The concern for online safety with regard to identity theft and victimisation is an important area for parents to keep across. The fact that this is happening at all is concerning when we want to keep our children safe and the online world is an area where we have limited control.

Prayer

On Connectedness

I exist in a web of relationships- links to nature, people and God
I trace out these links, giving thanks for the life that flows through them
Some links are twisted or broken; I feel regret, anger and disappointment
I pray for the gift of acceptance and forgiveness.

AMEN.

Elizabeth Carnegie, Principal
HOLIDAY OPENING HOURS
The College will be closed for a function:
9 December 2015
The Main Office will be closed from:
3pm on 11 December 2015 - 9am on 11 January 2016
The Finance Office will be closed from:
3pm on 11 December 2015 - 9am on 18 January 2016

MISSION

MUFTI DAY AND CAKE STALL
On Thursday we raised $1450.00 to help ICMS host a Christmas party for the families staying at Beat Cottage, Manly.

Thank you to everyone involved for your generosity and Christmas spirit, especially Elyse & Bella for organising the Cake Stall.
NOW HIRING
Want to help us reconnect people with food in a transparent and vibrant setting that serves seriously nutrient dense cuisine? Have a zest for life and want to learn about how to fuel your body with the right foods and help others in a professional yet relaxed workplace that runs monthly health workshops, supplies high-quality produce and has an incredible breakfast and lunch menu to boot? Exciting NEW Restaurant and Organic grocer opening early December... here in Manly. We're looking for:

- Cooks that LOVE RAW food - both sweet and savoury
- Kitchen Hands, Wait staff & Serious Baristas – that love new recipes, cold brews, training
- All round happy people

Email: JOBS@RUBYLANE.COM.AU or call Phil: 0407 992 049

Shops 1&2, 200 Pittwater Rd Manly

Sydney TAFE Information Sessions
Learn about courses, meet teachers and tour our facilities.
- 25 Nov: Library Services 4.00pm at Sydney TAFE, Building G, Level 3 (G3.15), Thomas St, Ultimo http://sydneytafe.edu.au/newsevents/events/library-services-information-session-4
- 2 Dec: Hospitality The Apprentice Restaurant Level 7, Building E, Corner of Harris and Thomas Street, Ultimo from 11.30am - 6.00pm http://sydneytafe.edu.au/newsevents/events/hospitality-ultimo-1
- 2 Dec: Business Administration, Legal Services, Accounts 4.00-5.00pm at Ultimo College, Marcus Clark (Building W), Level 5, Room W5.05, 827-837 George Street, Haymarket. http://sydneytafe.edu.au/newsevents/events/business-administration-legal-services-and-accounts-administration-0

Australian Catholic University, Sydney Make The Right Choice Sessions—5 Jan
9am-1pm. ACU North Sydney and Strathfield campuses. Final opportunity for students to visit the campuses, speak to faculty, student support services and current students prior to the UAC final change of preference day on 6 January 2016. Visit http://www.acu.edu.au/apply2016.

Diploma in Screen and Media - First Round Entries close 27 Nov

New Course for Aged Care, HACC and Disability Care

AIE Open Day—21 Nov
Discover full-time and part-time courses starting in February to get you started in game development, 3D animation and visual effects. Sydney, Melbourne Canberra and Adelaide campuses will be open. http://www.aie.edu.au/openday

Sydney Design School Open Day—14 November
10am-12pm. Learn about a career in Interior Decoration, Design and Styling. Presentation from our Director at 10.30am. 2/40 Oxley Street, St Leonards. Contact us on 9437 1902. Register at http://sydneydesignschool.com.au/info-sessions/

ICMS
- Application Interview Days Prospective undergraduate students may attend an application interview. Students may gain up to 10 bonus entry points based on their interview performance. Dates are 15 November, 21 November and 13 December from 10am-12.30pm. Contact the Development team at start@icms.edu.au or call 9466 1046.
- ICMS Scholarships for February 2016—Close 27 Nov We offer a comprehensive range of scholarship opportunities for students who have completed the HSC. These include industry and ICMS sponsored professional scholarships to tuition fee, accommodation and financial hardship scholarships. www.icms.edu.au/scholarships

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Australian Careers Business College Open Days—8, 9, 8, 10 Dec
Discover how to graduate in one year with a Nationally Recognised Qualification, a pathway to University and hands on work experience. 8 Dec - Liverpool, 9 Dec - Wollongong, 10 Dec - Parramatta. 1300COLLEGE or http://www.acbc.nsw.edu.au/

Newcastle HTN Aspire Chef Program
Free uniform, tools & training. Starts 23/11/15. Apply to recruitment@htn.com.au or call 1300 139 108.

Digital Filmmaking Distinction Course—18-22 Jan

Mantra Group Operations Trainee
2016 Mantra Group is offering a Sydney Hotel Operations Traineeship to commence in March 2016. Obtain a full time paid position within our hotels for a contracted 2 year period while completing a nationally recognized qualification, a Certificate III in Hospitality Operations. simon.hoole@mantragroup.com

Bedford College Scholarships—Close 30 Nov
Recipients are chosen by the submission of a portfolio and an interview with the hopes of finding students who share our attitude and spirit. Offering courses in Business, Management, Early Childhood and School Age Education, our application forms can be found on our website at http://www.bedford.edu.au/

Sydney City School of Law Scholarships
Offering an “Innovative Minds Scholarship” to be awarded to all first year students commencing their law degree with TOP. This Award acts as a bonus and incentive for students to get a head start on their academic journeys with Sydney’s newest Law School. We are also offering full scholarships and allowances to eligible students. Please visit: www.top.edu.au

Sydney City School of Law Information Evening
12.30pm 5 Jan

Camp America Applications NOW OPEN
Join our Online info Session to find out everything you need to know including our upcoming January Job Fair when camp directors will be hiring Australians on the spot - 9 Dec 6.00-7pm. To register: 1300 889 067 or click here https://facebook.com/events/1655674151377857/

Come on a WEP Student Exchange
Not-for-profit student exchange organisation. Choose from over 25 countries! A WEP Student Exchange offers a world of possibilities! Phone 1300 884 733 or visit www.wep.org.au/

University of Wollongong College
- Worried About Your ATAR? UOW College has been helping students achieve their study goals and gain entry into UOW Bachelor degrees for 25+ years. We offer alternative pathways to most Bachelor* programs at UOW. Contact UOW Future Students future-students@uow.edu.au or 1300 367 869. *Subject to meeting UOW entry requirements.
- STEP to UOW Program For students who may have or are experiencing disadvantage during their secondary schooling, particularly Years 10-12. Eligibility criteria and course information can be found at the UOW College website, email sherienn@uow.edu.au or 02 4221 3950.

Jeanette Ferguson, Careers Advisor
NEW ZEALAND

Congratulations to the students and staff who successfully completed the Milford Track hike in New Zealand this week. Well done to everyone and a big thank you to the staff who accompanied the girls; Tiffany Blaikie, Kristie Ferguson, Diana Shilland, Evan Browett and Will Symons.

CAMBODIA

The trip to Cambodia is due to depart on 27 November. Please ensure that all your paperwork is completed and handed in.

HAPPY DAYS CAMBODIAN VILLAGE SCHOOL

Stella Maris Duke of Edinburgh is very proud to be associated with the Happy Days Community Village School. Through our fundraising this year we have raised enough money to provide a scholarship to a female student at the school to complete the final three years of her high school education in Siem Riep. We look forward to hearing about her progress.

Andrea Mezger, Duke of Edinburgh Coordinator

YEAR 10 ITALIAN EXCURSION

There are not many nations that can say their national dish has become an international phenomenon. Italy has two such dishes, pasta and, of course, pizza.

The word ‘pizza’ is thought to have come from the Latin word pinsa, meaning flatbread. Pizza in its most basic form, as a seasoned flatbread has a long history in the Mediterranean. Several cultures including the Greeks and Phoenicians ate a flatbread made from flour and water. The dough would be cooked by placing on a hot stone and then seasoned with herbs. The Greeks called this early pizza plankuntos and it was basically used as an edible plate when eating stews or thick broth. It was not yet what we would call pizza today but it was very much like modern focaccia. These early pizzas were eaten from Rome to Egypt to Babylon and were praised by the ancient historians Herodotus and Cato the Elder.

A legend suggests that Roman soldiers gained a taste for Jewish Matzoth while stationed in Roman occupied Palestine and developed a similar food after returning home. By the Middle Ages, these early pizzas started to take on a more modern look and taste. The peasantry of the time used what few ingredients they could get their hands on to produce the modern pizza dough and topped it with olive oil and herbs. The introduction of the Indian Water Buffalo gave pizza another dimension with the production of mozzarella cheese. Even today, the use of fresh mozzarella di buffalo in Italian pizza cannot be substituted.

The introduction of tomatoes to Italian cuisine in the 18th and early 19th centuries finally gave us the true modern Italian pizza. Even though tomatoes reached Italy by the 1530’s it was widely thought that they were poisonous and were grown only for decoration. However the innovative peasants of Naples started using the supposedly deadly fruit in many of their foods, including their early pizzas. Since that fateful day the world of Italian cuisine would never be the same, however it took some time for the rest of society to accept this crude peasant food. Once members of the local aristocracy tried pizza they couldn’t get enough of it, which by this time was being sold on the streets of Naples for every meal. As pizza popularity increased, street vendors gave way to actual shops where people could order a custom pizza with many different toppings.

Year 10 enjoyed the delights of the Italian cuisine at a local restaurant and they certainly were appreciative to sample traditional wood fired pizzas.

Teresa Milazzo, Italian Teacher
MATHS HELP

The Mathematics department encourages 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 Wednesday 25 November in E28 from 3:30 – 4:30pm to help you.

Kim Naylor, Head of Mathematics

PERFORMING ARTS

CONGRATULATIONS

- Kirra Peters who received an A in her 1st Grade AMEB Exam on Piano.
- Years 7, 8 and 9 Drama Ensembles for a professional and thoroughly entertaining Junior Drama Night on 5 November. Special thanks to Georgia Wood for Stage Managing, Sarah Torrington for her MC skills, and to the drama teachers, Cara Brown, Geoff Cartwright and Mitchell Smith.
- Year 7 students for their wonderful performances last night in the Year 7 Music Night.

MATILDA THE MUSICAL

The Elective Music and Dance students had a fabulous day out seeing Matilda the Musical!

ELECTIVE MUSIC - SYDNEY SYMPHONY MEET THE MUSIC PROGRAM

Elective Music students have the opportunity to attend the 2016 Sydney Symphony Meet the Music Program. Hearing the symphony live is an invaluable opportunity for our senior Music students. Please login to the portal to give permission and return your money ($100 for four concerts throughout the year) to the Finance Office.

UPCOMING EVENTS

- 23 November: Years 9 and 10 Elective Music excursion to Big Bang Studios and ABC Tour.
- 25 November: Year 10 Drama Ensemble Duologues Evening Performance will begin at 7pm in the Theatre.
- 30 November: Vocal Night will begin at 6.30pm in the Music Room - supper provided!
- 1 December: Concert Band and String Ensemble trip to Stella Maris Primary School and Jamberoo Recreation Park. All positions for Jamberoo have been filled!
- 3 December: Presentation Night and Mass Rehearsals Period 1—Senior Band
  Period 2—Mass Rehearsal Choice and all Elective Music students (Year 10 must attend)
  Period 3—Carols
  Period 4—Vocals for I Was Here
- 4 December: Wallaby Cottage String Trio Christmas Concert for Kindy Graduation.

Jessica Maker, Head of Performing Arts
PASS EXCURSION

On Friday 13 November, the Year 9 and 10 PASS classes went on an excursion to Wild Ropes at Taronga Zoo and Skyzone in Alexandria. As a whole I had quite a fantastic time!

I’ve always enjoyed high ropes, so being able to do so over various different animals such as emu’s and kangaroos along with being next to an amazing view was a wonderful experience. Going to Skyzone was a very exciting activity as well, being able to not just jump around on trampolines but also play dodge ball, jump and dunk on basketball hoops and jump into foam pits and a massive air bag. It was all a great experience to partake in and I loved every second of it (besides it being super hot on the day).

I definitely would recommend going to the Wild Ropes at Taronga Zoo and Skyzone in Alexandria, as they are very fun activities and everyone would love participating in the adventures just as I did.

Eve Gibson, Year 10

On Friday 13 November, Year 9 and 10 PASS classes attended a fun filled day of activities. The first part of our excursion was the Taronga Zoo High Ropes. Here we climbed, crawled and swung on obstacle courses within the trees of Taronga Zoo. We left Taronga Zoo and travelled to Alexandria where we attended Sky Zone (Australia’s first indoor trampoline centre). The day was very challenging, we pushed ourselves to higher limits and I really enjoyed both activities. I thought it was an extremely fun day.

Olivia Gavagna, Year 10

COLLEGE FUNDRAISER

CommPow

We are pleased to support an initiative by three ex-students of St Augustine’s College which may be of interest to parents and community members. The initiative entitled ‘CommPow’ provides community members with discounts from various partner suppliers (such as electricity, gas, fitness memberships), with a percentage also going back to the school fundraising. CommPow will be launched in Term 1, 2016 and parents are asked to register their interest at http://www.commpow.com/. An information flyer is included with this newsletter.

Zita Briones, Business Manager
CANTENE

2016 ROSTER
It’s time to prepare next year’s Canteen roster. Please email me or phone 0414 519 108 to let me know if you will volunteer at the canteen again next year. I won’t assume you will want to be on the same day unless you confirm it first.

SAFETY NOTICE
For students safety, the Canteen only provides boiling water for noodles to students with 70g Fantastic Noodles (available from Canteen) or Simplee (available from ALDI) as their containers are sturdier than others and can withstand boiling water.

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

Students can order via email to bernie.mcgrath@stellamaris.nsw.edu.au

HEALTHY OPTIONS CAMPAIGN
Prizes are awarded at the end of the year to a girl in each year group (Year 12 prize is one formal ticket paid for) so consider	

my student account

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 - no old cards.
• Replacement cards cost $5.
• Please check your daughter’s My Student Account to ensure she has sufficient funds to purchase items.

PARKING
Electronic number plate identification is now in force in our parking area - you could be booked, even if you move to another spot within the same zone after 2 hours. 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 Warringah Council area and therefore not restricted.

Bernie McGrath & Cheryl Young, Canteen Supervisors

CANTENE ROSTER

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

CANTEEN ROSTER

Brigitte Sewell
Dianne Park
Helena Scott
Kelly Stoker
Jo Nesbitt
Susie Kirk
Rose Pittar
Myriam Sweekhorst
Simone Davies
Cecilia Jago
Nina Gosford
Emilie Strong
Leoni Graham
Natalie Cooper
Susan Smith
Karen Sparkes
Cath Donald
Myriam Sweekhorst
Jane Hathaway
Rebecca Edwards
Belinda Grover
Caron Baker
Nicky Stevenson
Tima Benias Tan
Maria Sammut
Kirstin Crothers
Trish Warner

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

VOLUNTEERS

Wednesday 25 November
Bronwyn Robinson

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

STUDENT DIARY
Next year students are to provide their own diary. Either Stella Maris generic for $10 (available January), paper diary or digital.

2016 BOOKLISTS
Now available online www.campion.com.au, use code ZW5Z to access Stella lists. Orders to be made online by 4 December.

StellaBay is now operating (via Moodle). You can buy and sell books second hand. Please pay attention to the tables that list which books can be sold, as not all of them can.

2016 STATIONERY
Years 8-11 have been emailed 2016 stationery requirements. All items can be purchased from the Uniform Shop including Art, Photography and D&T items which are specific to those subjects.

BE PREPARED FOR THOSE SUMMER SHOWERS!
We are now selling compact folding umbrellas. They are green with ‘Stella Maris’ 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.

SUMMER DRESS DELIVERY
If you daughter’s dress needs replacing, please come and see us. New dresses are $80. Limited second-hand dresses are available.

Year 9 change into the senior dress for the start of Term 1, 2016 and are to purchase their dresses this term while we have stock.

UPDATED PRICE LIST

Summer Dress $ 80.00
Jumper (wool) Size 8-14 / Size 16-20 $ 70.00 / $ 75.00
Jumper (cotton) $ 70.00
Socks $ 8.00

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

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COMMUNITY

LIFELINE NORTHERN BEACHES
GIANT BOOK FAIR

Venue: Balgowlah Boys Campus,
Cnr Sydney Rd & Maretimbo St, Balgowlah
Dates/Times: Friday 20 November 4.00-9.00pm
Saturday 21 November 9.00am-5.00pm
Sunday 22 November 9.00am-2.00pm

Entry by gold coin donation very much appreciated.
Visa & Mastercard accepted, EFTPOS facility available.

At the Book Fair there will be thousands of good quality books,
at bargain prices, in many categories, including a wide range of
children's books and, for the enthusiast/collector, we have a
large number of award winning and collectible books. We will
also have a wide selection of puzzles, games, CD, vinyls, etc so
there’s something for everyone! With Christmas just around the
corner, here is the perfect opportunity to stock up gifts for loved
ones and the Christmas stockings.

All funds raised support the activities of Lifeline Northern
Beaches which, in addition to the crisis line (13 11 14), provides
a lot of services to our community, including 24 hour
counselling (with suicide prevention a major focus),
bereavement support, anger management and problem
gambling to name but a few.

Your support for our Book Fairs goes a long way in generating
the funds required to continue providing these services to our
community. See you there!

Managing HSC Stress
HOLIDAY PROGRAM

Are you feeling worried about how you are going to
manage all the demands of your HSC year? Are
you finding yourself starting to get stressed about
how you are going to manage it all and perform at
your best?

The Managing HSC Stress program is a group
program that assists students to better manage
the stress of the HSC by teaching a broad range of
skills that can be helpful in any stressful situation.

Students also have the opportunity to learn from
and assist each other. The program can also be
useful for students who are struggling with anxiety,
low self-esteem or low mood.

Come along and enjoy all of the benefits of the 4
week program in one day!!

Monday 18th January 2016
10am – 4pm
Lunch and afternoon tea will be provided.

Health Psychology Unit
Ground Floor, 174 Pacific Highway
St Leonards
The Health Psychology Unit is a 5-10 minute walk from
St Leonards train station.

$50 per student. Medicare rebates or private health
insurance may apply

Registration is essential as numbers are limited.
To register call 9514 4077 or email
anna.wallace@ubs.edu.au

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