



STELLA MARIS NEWSLETTER

Term 1
Issue 7
17 March, 2017

www.stellamaris.nsw.edu.au | administration@stellamaris.nsw.edu.au

from the Principal



Prayer

Extract from St Patrick's Breastplate

I bind unto myself today

*The power of God to hold
and lead,*

*God's eye to watch, God's
might to stay,*

*God's ear to hearken to
my need.*

*The wisdom of my God to
teach,*

God's hand to guide,

God's shield to ward,

*The word of God to give
me speech,*

*God's heavenly host to
be my guard.*

I arise today

*Through a mighty
strength, the invocation
of the Trinity,*

*Through belief in the
Threeness,*

*Through confession
of the Oneness of the
Creator of creation.*

AMEN

Dear Stella Community,

Open Evening

I would like to thank the staff and students who made Open Evening such a great night. It was good to see so many Stella girls engaged in the workshops and activities, encouraging new and prospective families to see what being a *Stella Girl* means. I thank the many staff who organised activities that were exciting and educational for all involved. I would particularly like to thank Jiani Chen and the staff who assisted her to make the night such a success.

Science

In the media this week it was reported that Year 6 students are not improving in their aptitude for Science and that Australia is lagging three years behind the top performing schools in Mathematics and Science (Trends in International Mathematics and Science). I think it is always hard to know how to read these reports as the skills needed to meet the challenges of testing are not necessarily the same skills that are needed to foster a life long love of learning.

Our overseas students could tell us much about how classrooms can be different in other countries and as John Hattie's research (Visible Learning:2008) indicates, the role of the individual student, the family environment and the teacher-mentor cannot be underestimated. We will continue to work with our girls and the families to foster good learning outcomes.

Stella Raffle

The P&F run this fundraiser to assist with the purchase of resources for the girls but with only 200 tickets sold, you might have a good chance to win the cost of tuition fees for the year. Please see the advertisement in the P&F section of the newsletter. Thanks to the many families who have already bought their tickets online or at our Stella events this term.

Winter Uniform

A reminder that we are only weeks away from moving into our winter uniform. Please ensure your daughter's blazer fits or order a new one from the Uniform Shop as soon as possible. Parents of girls in Year 10 are reminded that time is almost out to order senior blazers.

Congratulations

Congratulations to our Music Tour Group who have returned from Hawaii after a very successful trip. Thank you to the staff - Mrs Maker, Ms Haines, Mr Browett and Mr Sutcliffe for their support of the girls and to the students for their co-operation and engagement.

News from the Parishes

Bishop Peter A Comensoli will be celebrating a Lenten Stational Mass at St Kieran's Church, Manly Vale on 21 March at 7.30pm. All parishioners are welcome to join the Bishop to pray on the journey to Easter.

Elizabeth Carnegie, Principal



20-22 Mar	Yr 7 Camp
28 Mar - 7	Yr 12 Mid Year Exams
7 Apr	Term 1 Concludes
26 Apr	Term 2 Starts
27-28 Apr	Year 10 Retreat
3 May	Athletics Carnival
9-12 May	NAPLAN

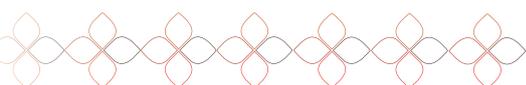
IMPORTANT

Every year we seek permission from the parents/guardians of our students to use their daughter/s name and or photo for various purposes (official School Photos, Website, Yearbook and Social Media, etc). The form for 2017 has been uploaded onto the parent portal. Can we please ask that all parent/guardians go onto the parent portal asap and complete this permission slip.

Eurobin Avenue drop offs – Safety Issue

Parents and Carers, can you please use the Iluka Avenue Kiss and Drop in the mornings and afternoons. Eurobin Avenue is very busy and our neighbours are finding it difficult to access their driveways. Iluka Avenue is the safest place to drop your daughters to school.

OPEN EVENING



Attention Parents/Guardians

Please read carefully the letter below from the Australian Government Department of Education and Training (AGDET) advising that the Department is requesting that Stella Maris College provide a statement of address in accordance with section 21 of the Australian Education Regulation 2013.

If you have moved, could you please update your address details via the College Portal, before the end of Term 1 2017, i.e., Friday 7 April, 2017. If you have forgotten your username and password to access the Portal, please email john_christensen@stellamaris.nsw.edu.au



Australian Government
Department of Education and Training

2017 Student Residential Address Collection

This notice is from the Australian Government Department of Education and Training (the department), to advise you that the department has requested your child's school provide a *statement of addresses*, in accordance with section 21 of the *Australian Education Regulation 2013* (the Regulation).

A *statement of addresses* contains the following three pieces of information about students at the school:

- Students' residential address (**not student names or other identifying information**)
- Students' level of education (i.e. whether the student is receiving primary or secondary education)
- Students' boarding school status (boarders or day students)

Authority for and Purpose of Collection

Consistent with previous practice, and following the *2016 Australian Bureau of Statistics National Census of Population and Housing (Census)*, it is timely that information held by the department is updated in order to ensure that Australian Government funding calculations for your child's school are accurate.

Under section 21 of the Regulation, a *statement of addresses* **must not explicitly identify an individual student**. Accordingly, all information in the *statement of addresses* provided by your child's school to the department is de-identified.

Use and Disclosure of Information

It is important to ensure the *statements of addresses* are accurate, and the department may from time to time carry out audits of *statements of addresses* to verify their accuracy. In the event of an audit, the department's contracted auditors may seek to compare a school's *statement of addresses* with student enrolment information held by the school for the purpose of verifying the information. The department's contractors will not use the information for any other purpose.

Any further use and disclosure of information relating to the *statement of addresses* will occur in accordance with section 65 of the Regulation.

Contact

If you have any questions regarding this notice, you can contact the department by:

- Email: seshelpdesk@education.gov.au
- Phone (free call): SES helpdesk on 1800 677 027 (Option 4)

For further information about the department, including the department's privacy policy, please go to: <https://education.gov.au>.

Opportunity through learning

50 Marcus Clarke Street, Canberra ACT 2601
GPO Box 9880, Canberra ACT 2601 | Phone (02) 6121 6000



inclusive innovative inspiring

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PARENT – TEACHER ONLINE

IMPORTANT INFORMATION - PLEASE READ

Student Learning Conferences (Parent-Teacher-Student Interviews) are booked online through PTO.

To assist Parents, three dates are available for interviews and open for all students (Years 7 – 12):

Tues 2nd May (2:30 – 7:00pm)

Wed 17th May (4:00 – 8:00pm)

Thurs 1st June (2:30 – 7:00pm)

PTO is an external provider, and as such you will need NEW login details for 2017. Instructions for obtaining your PTO login details will be emailed to Parents (see the table below)

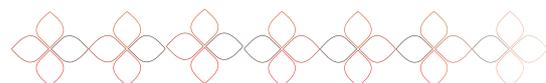
Please do not attempt to use login details from a previous year or your Portal login. Neither will work!

Obtaining Login Details and Making Bookings	
<u>Year 12</u> <u>Monday 27th March</u> Instructions for obtaining login emailed at 8AM Bookings open at 9AM (You cannot access the system prior to this time)	<u>Years 7-11</u> <u>Monday 3rd April</u> Instructions for obtaining login emailed at 8AM Bookings open at 9AM (You cannot access the system prior to this time)

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

It is highly recommended that you leave a 5 minute gap between interviews (do not make them back-to-back).

Jennifer Molloy, Director of Administration





Changes to the HSC from 2020

The NSW Government, through the NSW Education Standards Authority (NESA), have recently announced minimum standards for literacy and numeracy in order to attain the HSC.

From 2020, all Year 12 students in NSW must meet the minimum standard of literacy and numeracy to receive the HSC. Therefore, students in Year 9, 2017 will be the first students expected to meet these standards. Students can demonstrate that they meet the standard by passing an online reading, writing and numeracy test in Years 10, 11 or 12, and for up to five years after beginning their first HSC courses. Students can take this online test as many times as they wish until they demonstrate the required standard.

Students currently in Year 9 have an early opportunity to prove they meet the standards by achieving Band 8 results or above in the NAPLAN reading, writing and numeracy tests, occurring in May this year. Students who achieve Band 8 will not need to sit the online tests in Years 10, 11 or 12 as they will have already met the standards. Students in Years 7 and 8 will have their first opportunity to demonstrate the standards when they complete their Year 9 NAPLAN tests. Please note that no student will be ineligible to sit for the HSC on the basis of their Year 9 NAPLAN results – there will be plenty of opportunities to show they have met the standards during Years 10, 11 and 12.

With a stronger focus on literacy and numeracy in schools, modelling indicates that the vast majority of students will demonstrate the minimum standards by the end of Year 12. Moving forward, we will have the opportunity to begin intervention strategies to target those students who may require assistance in order to demonstrate the minimum standard.

NESA will continue to work with principals and other stakeholders to plan for the implementation of the minimum standards requirements. As more information becomes available we will ensure that we keep you up to date.

For further information or clarification, please access the official website <http://educationstandards.nsw.edu.au/wps/portal/nesa/about/initiatives/stronger-hsc-standards/minimum-standard> or contact me at the College. louise_yeates@stellamaris.nsw.edu.au

NESA News

NESA (formerly The Board of Studies) set the curriculum for students in NSW. They also look after the HSC. They have a section on their website especially for students, called Students Online.

<https://studentsonline.bostes.nsw.edu.au>

This is what they use to communicate with students about all things HSC – especially news, exams and important dates during the Preliminary and HSC years.

Students in Years 11 and 12 need to “activate an account”. The instructions are easy to follow on the link above.

Once done, they will be kept informed, thereby reducing stress from missing important deadlines and feeling left out of the loop. This is also needed to access HSC results.

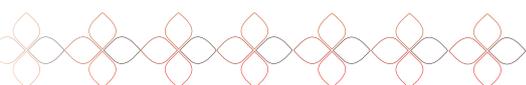
Students who have already activated their account successfully, would have received the newsletter below. It relies on NESA having a correct email address for the student.

<http://educationstandards.nsw.edu.au/wps/portal/nesa/about/news/news-stories/news-stories-detail/student-newsletters-2017>

NESA are currently updating their website so there is a bit of the old BOSTES looking material (red, blue, black colours) and the new NESA material (pink, purple colours)

Instructions are given for what to do if there are issues with activating a student’s account.

Louise Yeates, Director of Curriculum





Social Justice Day

Last week a number of Year 10 and 11 students visited Monte Sant' Angelo for a social justice day. Students experienced lectures from organisations such as Cana Farm and the Sydney Alliance, and more in-depth workshops with volunteers and social workers from various organisations. The theme of the day was Homelessness - a major issue in Sydney. It was extraordinarily eye-opening to see the statistics of homeless people such as over 105,000 people are homeless and only 6% of this figure live on the streets. During the presentations we discussed programs that schools could implement to assist the homeless population such as clothes drives, cake stalls and sanitary packs.

This experience was truly incredible and we would all highly recommend participating in this excursion in future if you are interested in current social justice issues.

Erin Fisher, Year 10

Year 8 Retreat

Retreat was an amazing way to connect with people I had never spoken with before and to learn more about creating stress free environments, all around, and how to live joyfully, gratefully and mindfully. **Sophia Hill**

This year's Retreat for Year 8 was super fun! We did a lot of team building skills that were fun and helped us bond as a Year. We learnt how inner beauty is more important than outer beauty, and that what we have as values in friendships should be more than skin deep. I had a great time at Retreat this year and can't wait for next year!

Arabella Meleo

Retreat was an incredible experience! I made new friends and we learned so much about each other. I'm sad it's over but I'm so grateful to have been able to go! **Chloe Wood**

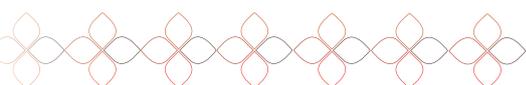
I became better friends with a lot more girls in our Year and I made some really good friendships. I made lots of new friends with people who are in my PC that I wouldn't normally talk to. **Emily Bran**

I had a great time over the very few days of Retreat. We learnt, we had fun, and enjoyed the loving company of each other. Thank you for the effort put into the Retreat. I appreciate it and will hopefully remember it for the rest of my life! **Bethany Scott**

Year 8 Retreat was a blast! It was great to talk to and get to know people in my Year group that I had never spoken to. It was a good time to reflect and work together. Great organizing by Ms Collins, Mrs Burke and the PC teachers.
Ava Malouf



Nicola Chin, Director of Mission, Identity and Culture

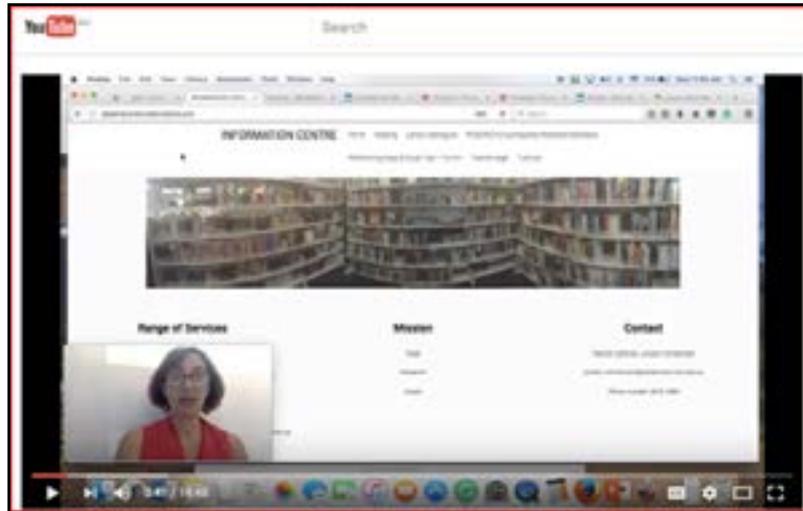




Website Tutorial Available for New Members of the Stella Maris College Community

How do I navigate the links available on the Information Centre Website 'Reading' page?

[Click here for the tutorial.](#)

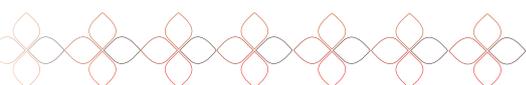


New Friend Appreciation Week was a Great Success

Each Year 7 student expressed, on a Valentine's heart, how each new friend had enriched their lives since beginning at Stella Maris College.



Jocelyn Christensen, Teacher Librarian





Information for Parents/Carers

Schools across Australia are taking part in a new national data collection on school students with disability.

The data collection is being introduced in stages over three years, and started in 2013. From 2015, this information will be collected in every school across Australia, every year. All Australian governments have agreed to this.

What is the benefit for my child?

All Australian governments agree that every child in an Australian school should have a high quality education. It shouldn't matter what the individual child's circumstances are—every child should have the same opportunity to succeed at school.

The aim of this new data collection is to have better information about school students with disability in Australia.

Better information about school students with disability will help teachers, principals and education authorities to support students with disability to take part in school on the same basis as students without disability.

Why is this data being collected?

There is nothing new about schools collecting information about students with disability—in fact, schools have had to do this by law for some time. But the type of information currently collected varies between each state and territory.

With the new data collection, every school in Australia will use the same method to collect this information—that is, a government school in suburban Sydney will collect and report data in the same way as a Catholic school in country Victoria and an independent school in the Northern Territory.

The information provided through this new national data collection will enable all Australian governments to better target support and resources to benefit students with disability. It will help to put the right supports in place for students with disability so that they have the same opportunities for a high quality education as students without a disability.

What are schools required to do?

Every school in Australia is likely to have a student with disability at some point. Schools need to be able to support students with disability by removing any obstacles for them to participate in their education.

By law, schools are required to make reasonable adjustments where needed to assist students with disability. These responsibilities are outlined in the Disability Discrimination Act 1992 and the Disability Standards for Education 2005. This means that schools need to talk to the student and/or their parent/carer about reasonable adjustments. These are things the schools do now and this won't change.

The new data collection will record students who have been identified by a school team as meeting the definition of disability under the Disability Discrimination Act 1992 and provided with an adjustment.

What is an adjustment?

An adjustment is a measure or action taken to help a student with disability participate in education on the same basis as other students. Adjustments can be made across

the whole school setting (like ramps into classrooms), in the classroom and at an individual student level (like extra tuition for a student with a learning difficulty).

What information will be collected?

Your child's school will collect and report information every year about:

- the level of adjustment provided
- the number of students who receive each level of adjustment
- where known, the student's broad type of disability.

Some students who are not provided with an adjustment at the time of the collection will meet the definition of disability under the Disability Discrimination Act 1992 and will be eligible to be included in the data collection.

Who will collect my child's information?

Teachers and other school staff from your child's school will collect the above information based on:

- consultation with parents/carers
- the school team's observations and professional judgements
- any medical diagnosis
- other relevant information.

School principals are responsible for making sure that the information collected about each student is accurate.

How will my child's privacy be protected?

Protecting the privacy and confidentiality of all children and their families is very important. With the new data collection, this will be done in the following ways:

- Personal or confidential information will not be given to anyone not authorised to see it.
- When the information is sent by your child's school to the local or federal education authority for combination with information from other schools, it will be by school only—student names will not be recorded as part of the data collection.
- When the information is reported from 2016 onwards, it will be by school only—student names will not be recorded as part of the data collection.

When and where will the data be available?

When all Australian schools are taking part in the new data collection, the information will be reported on the My School website from 2016 onwards. It will be by school only—no student names are recorded as part of the data collection.

Can I decide whether my child's information is included in the national data collection?

It's your decision about whether you want your child's information to be included in the national reporting of not.

Including every school child who is being provided with an adjustment because of disability in this new national data collection each year will help schools, education authorities and governments to better meet students' needs.

Your school will tell you what you need to do if you don't want to have your child's information included in the national data collection.

Even if your child's information is not included in the national data collection, your school is still required to provide support to your child with disability and any adjustments that may be needed to help him/her participate at school.

Further information

Contact your child's school if you have further questions about the Nationally Consistent Collection of Data on School Students with Disability and how it may affect your child. You can also visit www.education.gov.au/nationally-consistent

Marcia Charles, Head of Learning Support





Stella Cross Country

The Stella Cross Country Carnival will take place on Thursday, 6 April from 1.30–3.20pm. Details have already been sent to students and will be sent to the parents of students who are participating next week. The Carnival is held at Queenscliff Park, with students running adjacent to the lagoon and along the beachfront. Distances range from 3–6km.

Touch Football

We have had no luck with the weather for the Touch Football Carnivals this year. The U13 and U15 BBSSSA Gala Day that was to be held on 14 March was rained out. The new date for the U15 event is Wednesday, 5 April. At this stage the U13 event has not been rescheduled. A new date will be set in Term 2.

The Years 9 and 10 regional carnival will be held at Nolans on Tuesday, 21 March. Students and parents have been emailed details.

The Penrith Gala Day that was to be held on Friday, 10 March has been rescheduled to Friday, 12 May.

Water Polo

The Years 8 and 9 Water Polo Competition will be held on Monday nights at the Warringah Aquatic Centre in Terms 2 and 3 (May–September). Expressions of interest are now being called for. Any student in Years 8 or 9 who would like to play water polo should email Mrs Jenny Wickham.

BBSSSA Swimming

Good luck to the Stella Swim Team who are competing at the BBSSSA Swimming Championships at Homebush on Tuesday, 21 March.

Jenny Wickham and Raylee Kelly, Heads of Sport





CANTEEN

Canteen Roster:

Hours are 9.30am - 2.30pm.

If you are unable to attend on your rostered day PLEASE call Bernie to arrange a replacement on 9976 1826.

Mon 20 Mar	Tues 21 Mar	Wed 22 Mar	Thurs 23 Mar	Fri 24 Mar
Kerrie-Ann Foresto Sascha Shahwan Harris Colleen Dopper Terese Cunningham Josie Zavaglia Yuwana Lightfoot Shirley Taylor	Amanda Arnold Leanne Thistlethwaite Christine Campbell Georgina McLeod	Nina Gosford Leoni Graham Petra Weiss HELP NEEDED PLEASE	Daniella Hazell Kylie Barrett Leshia Evans Michelle Malouf Cath Donald Brigid Tysoe	Beth Dowdle Jane Hathaway Helga Gordon Ella Royle Sandra Berryman

HELP IS NEEDED ON THE FOLLOWING DAYS PLEASE...

1st Monday; 2nd Tuesday; **4th Tuesday**; 4th Wednesday; 5th Wednesday; 5th Thursday.

UNIFORM SHOP

Opening Times

8.00am-4.30pm Tue/Wed/Thu during School Terms.

The Uniform Shop will be open an extra day on Saturday, 18 March from 9am-2pm.

Winter Uniform

Blazers - A reminder that this is your last week to order Junior and Senior Blazers. Last orders are due by Tuesday, 21 March (No order = no blazer!).

URGENT - These groups need to come to the Uniform Shop:

- All Year 7 – full winter uniform
- All Year 10 – senior winter uniform
- All Year 11 – pink blouse
- All new girls to school since Term 4 last year



Check the [COLLEGE WEBSITE](#) for:

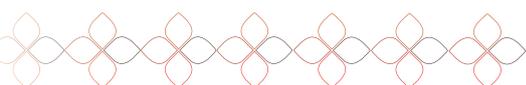
- Uniform regulations
- Second hand uniform policy
- College shoe policy
- Uniform and stationery price lists

The Uniform Shop is longer accepting American Express Cards.

Volunteers

NO VOLUNTEERS ARE NEEDED NEXT WEEK.

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





Stella College Fees Raffle 2017

Win one year of College fees to the value of

\$7000

The P&F are holding a raffle with the opportunity for you to win \$7000 towards your daughter's school fees.

Only 200 tickets available! *
\$50 each

First in, first served so be quick! Limited opportunity to participate. These are very good odds! Please note that if not all 200 tickets are sold then a full refund will be given for tickets purchased.

*Limit of 10 tickets per family.

This raffle is our big fundraiser for the year for the College. Please note, once all tickets are sold, the raffle drawing date will be published in the College newsletter. Best of Luck!

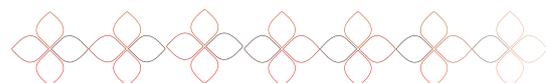
There are two ways to buy tickets:

1. Credit Card: go online to <https://www.trybooking.com/OVAW> or use the payment slip below.
2. Cash: Fill out the payment form below and return it in an envelope marked to the **P&F FEE RAFFLE**, to the College Main Reception (NOT the Finance Office)

You will receive an email with your ticket number once your purchase is processed. From 1 January 2017, AMEX payments will incur a 0.95% surcharge

CONTACT INFORMATION

Name:			
Mobile:		E-mail:	
Number of Tickets:		Amount Due:	
Cash <input type="checkbox"/> Credit Card <input type="checkbox"/>			
Credit Card Number: _____			
Exp. Date: ___/___/___	Office Use Only	Cash Received:	Initials:





Cert IV in Clinical Classification Online course 22274VIC Certificate IV in Clinical Classification available from the Health Information Management Association of Australia Limited. RTO ID 91660. Career opportunities available across NSW and ACT in clinical coding in public and private hospitals and day procedure centres. Contact 02 9887 5898, education@hima.org.au, <http://hima2.org.au/education/>

Business Cadetship Applications now open. Applications for the Business Cadetships Program run by Professional Cadetships Australia open on 6 March and close on 10 May. Year 12 students apply online at www.businesscadetships.com.au Under the Program, the top-ranking global bank, UBS, will continue to offer cadetship opportunities across the firm. Information on the Program is provided on our website.

SCHOLARSHIPS

Whitehouse Institute of Design, Australia & The Woolmark Company are proud to announce a partnership in sponsoring the major prize in the TWC's Wool4School student design competition for 2017. The Winner will be offered a scholarship (full tuition fees) to the Bachelor of Design at Whitehouse Institute of Design commencing 2018. <http://www.wool4school.com/about>

Bedford College 2018 Students successful in receiving a Scholarship at Bedford College are covered for half the tuition cost of their course. Applications are NOW OPEN for 2018. All submissions must be completed by 1 December 2018. <http://www.bedford.edu.au/about/scholarship%20information>

William Angliss Institute Scholarship applications for semester 2 are opening soon. William Angliss Institute has been a specialist training centre in foods, travel & tourism, hospitality and events for 76 years in Australia. Our Foundation offers generous scholarships to help disadvantaged students with financial support in achieving their goals. Scholarship applications open on 10 April for new students commencing in the July intake. www.angliss.edu.au/scholarships

Teach in a rural NSW school Are you a student in Years 10-12 who is interested in becoming a teacher in a rural NSW school? The NSW Department of Education is offering scholarships to school students with a guaranteed permanent job, financial assistance throughout the course of study and \$5000 appointment allowance. <https://www.teach.nsw.edu.au/getpaidtostudy>

UTS Bachelor of Accounting Information Evening - Tue 16 May 2017 Come along to hear more about the Bachelor of Accounting Co-op Scholarship Program here at UTS. Register for our free Information Evening on 16 May 2017 at www.bachelorofaccounting.com For more information email carin.alberts@uts.edu.au



Year 10 Information Evenings

Our Year 10 Information Evenings are designed to help Year 10 students (and their parents) choose subjects for their HSC, understand the maths prerequisites and learn about the transition from high school to university. Register now - further venue details will be provided via email closer to the event.

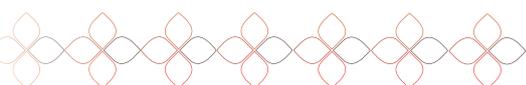
On-Campus

- Dates: Thursday 30 March, Wednesday 3 May and Tuesday 23 May
- Time: 6-8pm
- Location: Camperdown campus
- Registrations: sydney.edu.au/yr10-info-evening

For any information about these events or about the University of Sydney in general please do not hesitate to contact me.

Kind regards,
Chris Lewis
Student Ambassador & Outreach Coordinator
Global Student Recruitment & Mobility
P +61 2 9351 7335

Jeanette Ferguson, Careers Advisor





SELF DEFENCE FOR TEENS

BUILD FITNESS AND CONFIDENCE

Even if your teen isn't looking for trouble - it can find them. Make sure they're prepared to defend themselves and make the right choices in difficult situations. Boost their confidence (and your peace of mind) with self defence training.

IS YOUR TEEN A TARGET?

House parties, skate parks and even the schoolyard are places where safety can be compromised. Even the nicest of kids can find themselves in a situation where they feel intimidated or facing the threat of physical violence. Krav Maga equips teens with the skills to assess risk, make the right choices and defend themselves if the need arises.

BOOK NOW! 50% OFF OUR INTRO

**SPECIAL ONLY. ONLY \$34.50 6 CLASSES
+ FREE UNIFORM (UNIFORM VALUED AT \$70)**

BOOK NOW

www.kravmaganonthermbeaches.com.au/teens-schools-promo



Boys and Girls 5-8 years
Sundays 8:30am-9:30am
Register at www.aflauskick.com.au



Under 9's, 10's, 11's Boys & Girls
Under 12's and Under 15's Girls
Home Games: (- Every 2nd weekend)
Sundays from 10:00am
Away Games:
Details to be provided closer to the season start
Register at www.playafl.com.au

Register Now for 2017!

Events will run from 2 April to 27 August 2017
at Balgownie Oval, Pickworth Ave, Balgownie

www.facebook.com/AFL.BalgownieSuns/

HAYDIN SHEEHAN
5480 299 488 | balgownieafl@gmail.com



DEFINE YOURSELF

Youth mental health issues are at an all-time high and very evident on the Northern Beaches. In today's society, suicides seem to be common place, along with self-harming, anxiety and depression. Sadly, it's growing at a rapid rate. 1 in 4 Australians between the ages of 16-24 will experience anxiety and only 1 in 4 of those will seek help.

I want to get to these young girls before they hit that age. I want them to understand themselves better and how to deal with situations of overwhelm, bullying or self-doubt. To arm them with tools to manage unwanted thoughts that creep into their head and keep them at bay.

For those with mild level anxiety, or for that matter just want to be in a better mental place in their life, to achieve more and feel more grounded, coaching/mentoring is a great option.

We always think to get our kids support on an academic level (Maths / English / Science Tutors) but often forget that they also need support mentally and emotionally.

My workshops and one on one coaching sessions offer these young girls (and guys if they're up for it) a place to learn about how they can manage their anxiety and overwhelm so they can move forward with their lives and be happy with who they are.

In the workshops I teach nine techniques to help with this. They are:

- Mental and Physical Patterns
- How Physiology effects our mental state
- The Critical voices we have
- Our limiting beliefs
- Perceptions of our self and others
- Our internal dialog and how to alter it
- Removing ambiguity (fear of the unknown)
- How to take control of any situation
- Stepping out of the drama

With one on one coaching, it's basically me being there for them and anything they need to deal with at the time. Helping them set a goal and achieve it (maybe two) and work through any blockers they have that are preventing them from moving forward in a certain area of their life. Where required I teach them some of the above techniques also.

These one on ones can be done where ever they feel comfortable and generally go for an hour. Run over 8 to 12 weeks.

For more information, you can go to my website www.defineyourself.co or call me.

Any referrals that come via the school will be discounted, so please speak to me for any and all information you need.

Thank you for your time and I look forward to hearing from you soon.

Josephine

Define Yourself by Josephine Macri
0408 760 004
ABN: 15 015 628 016
info@defineyourself.co
www.defineyourself.co

