



# STELLA MARIS NEWSLETTER

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

Term 2 Issue 06, 05 June 2020

*from the Principal*



## Prayer for Trinity Sunday

God has been made known to us  
as a communion of infinite love.

Baptised into the mystery  
of Creator, Redeemer and  
Sanctifier, let us pray for all to be  
blessed with God's love.

We pray for leaders seeking  
to shape a new world order  
that they set aside national  
ambitions and work together for  
the whole of humanity.

We pray for nations to hear  
the voice of the oppressed  
among them and respond with  
compassion and courage to the  
challenge of being community  
for all.

We pray for peoples threatened  
by the failing health of the  
world's oceans, that urgent  
international action will revive  
the life-giving seas of the world.

We pray for all denied  
assistance during the  
coronavirus, especially those  
on temporary visas, that policy  
makers will ensure their needs  
are met.

We pray for our fellow human  
beings unjustly held in detention,  
that their appeals for humane  
treatment will no longer fall on  
deaf ears.

Abba - by Word and Spirit you  
revealed yourself to us as Trinity.  
Free us to walk always in the  
light of your love.

AMEN

Based on <https://www.australiancatholics.com.au/article/prayers-of-the-people--trinity--sunday--year-a--7-june-2020#>

## Dear Stella Community

### Our New Normal

The world as we know it is changing and our new reality will change the way we experience community. The period of forced isolation has given us time to reconnect with what is important and to how much we fill our lives with 'extra stuff', some of which we now are reconsidering.

In the National Catholic Reporter (May 29, 2020) this week, Sr Elise Garcia wrote,

*The coronavirus pandemic has revealed fundamental fault lines in our social, economic and spiritual foundations – deadly pre-existing conditions and comorbidities. Graffiti on a wall in China says it all: "We can't return to normal, because the normal that we had was precisely the problem."*

*The Irish use the word "cocooning" to refer to their mandated sheltering in place. In nature, a profound metamorphosis takes place in a cocoon – a meltdown that transforms the caterpillar into a butterfly. Our species is called to no less profound a transformation at this singular moment in the arc of human history. At its base is a spiritual call to awaken to the sacredness, interdependence and interconnectedness of all life. To the numinous gift of Earth. To the inherent dignity of all her people. To the inherent right of all beings and ecosystems to exist, thrive and evolve. To the reality of our single destiny.*

*The call is as urgent as it is clear: even before the global pandemic, we understood from the changing physics of our atmosphere that we were entering a make-or-break decade for humanity to act to avoid catastrophic climate change with its irreversible changes and unimaginable magnitude of global suffering.*

*Years ago, from a jail in Birmingham, Alabama, the Rev. Martin Luther King Jr wrote, "We are caught in an inescapable network of mutuality, tied in a single garment of destiny."*

*That single garment of destiny enfolds us all – people of every race and ethnicity, the whole Earth community of which we are a part and on which all life depends. As we emerge from our cocoons, may the depths of this contemplative time and space lead to a spiritual conversion that enables us to enter fully into the new life to which we are called: caught in a blessed network of mutuality, we act as if all life depends on it.*

Our girls are living in an unprecedented time and, luckily, in a community that is safe and supportive. It reminds us all that we have a responsibility to look after each other and ensure that we are reaching out in support to others - even if that requires us to remain physically distant in doing so.

This week the Executive Team has been working on a planned response if we do have a positive case of COVID-19 at the school. Ms Smith will be communicating this plan to the staff and the girls and sending information out to families about what we need you to do in response. Please read through the communication and ensure you understand how we will need to respond to keep your daughters safe.



*inclusive innovative inspiring*

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### Transporting our girls to and from school

Congestion around the main campus block is considerable at present. If you can pick up your daughter or drop her at school away from Eurobin or Iluka avenues, we ask that you do so. Ms Smith has, in earlier correspondence, suggested Pacific Street or Bonner Avenue as possible drop off spots.

If you must use the Kiss and Drop Zone in Iluka Avenue, please remain in your car as your daughter alights or gets in, to assist the operation of the zone and please move to the front of the line rather than taking the spot outside the Convent portico. Council is currently patrolling school zones so please move on quickly and remain in your car at all times. Traffic congestion in Iluka has been quite noticeable and we ask your support to manage this.

*Elizabeth Carnegie, Principal*

## Upcoming Events and Important Information



### Diary Dates

**Mon 8 June**  
**Queen's Birthday**  
(Public Holiday)

**Fri 26 June**  
**End of Term 2**

**Monday 20 July**  
**Staff Day**

**Tuesday 21 July**  
**Students Return**  
**Start of Term 3**

### STUDENT LEARNING CONFERENCES

Normally our Student Learning Conferences occur during Term 2 but this year they were postponed due to the COVID-19 pandemic. We are working on procedures to enable their rescheduling in Term 3. They will provide valuable feedback on the period of remote learning as well as the adjustment back to face-to-face classes. More importantly, they can feed forward for improvement and success for the remainder of Semester 2. We thank you for your patience as we navigate challenging times.

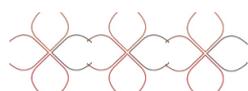
**Louise Yeates, AP Learning and Teaching**

*Mission*

### SUPPORTING OUR LOCAL STELLA COMMUNITY

We would like to support our local community during this time and invite Stella families with businesses to advertise in our newsletters leading up to the July holidays.

If you would like to share your family business with the Stella community, please email [Courtney](#) with your advertisement to be included in our newsletters this month. Please note that images will need to be in high resolution.



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## LANGUAGES COMPETITION RESULTS

### Education Perfect Languages Championships 2020

954th equal overall globally out of 2,155 schools

351st overall in Japanese out of 1,423 schools

Amelia Elias Year 12	Japanese Continuers	6,898th	Bronze award
Sarah King Year 8	Japanese	13,569th	Credit award
Ruibin Chang Year 11	Chinese and Literature	20,129th	
Isabella Methven Year 8	Japanese	21,533rd	
Leisha Carter Year 8	8 French	33,165th	

Jennifer Murray, Head of Languages

## PERFORMING ARTS NEWS

As we transition back to our new normal, we are looking to have our extra-curricular ensembles return to face-to-face rehearsals in Week 7. We appreciate your patience and understanding.

The College is currently following the guidelines for Covid 19 from NSW Health for all extra-curricular activities across the College. For both Sports and Performing Arts this means we are only allowed to have 10 people per group meeting face to face and social distancing rules apply.

For the Performing Arts this means we will have the following in place.

- Senior Band** All students called for the remaining rehearsals this term. Students will be separated across 4 rooms and rehearse in sectionals.
- Jazz Band** Rehearsals will be divided across two rooms should our numbers exceed 10.
- String Groups** Rehearsals will be divided across two rooms should our numbers exceed 10.
- Vocal Ensemble** All students called for the remaining rehearsals this term. Students will be separated across 2 to 3 rooms and rehearse in sectionals.
- Drama Ensembles** Students will be separated across 3 rooms to rehearse in pairs and small groups.
- Dance Company & Ensembles** Different groups of 10 students will be called each week. Miss Jones will advise who is required each week. All members of the group will have one face to face rehearsal. The rehearsals will be broadcast and recorded in MS Teams if students would like to tune in on the weeks they are not attending face to face.

Please remind the girls to check their relevant Teams site for any further updates should there be any urgent changes to our situation.

We will keep these restrictions in place for the remainder of the term and hopefully we will be able to have larger groups working together for Term 3.

Jessica Maker, Head of Performing Arts





## DUKE OF EDINBURGH'S AWARD UPDATE

The Duke of Edinburgh's International Award is offered to Stella Maris students from Year 9 to Year 12. The Award is a leading youth development program, empowering all young Australians aged 14 to 25 to explore their full potential.

Bronze Award 2020 – Please continue to follow the instructions for registering your activities on the Online Record Book. If your assessor is not a teacher/tutor known to Ms Silburn then please ask your assessor to complete the Digital Assessor Commencement form and email back to me so I can confirm their Working with Children Check number.

Silver and Gold Award 2020 – Please continue to read the updates about changes to the Award during Covid19 and make sure you are regularly logging your hours for your skill, service and physical recreation components.

### Exciting NEW Service Opportunity! Capes for Kids

I am very excited to introduce a new service or skill opportunity to Stella participants. This is creating super hero capes for Capes 4 Kids an organization that makes the lives for children in hospital a little brighter.

The Mission of CAPES4KIDS is to empower children with the gift of a cape - for courage - for love and support - for whatever, whenever, however they need during illness.

As part of this group you will be sourcing material, cutting and sewing capes to be sent to children in hospitals across Australia.

This group will run at school one lunch time per week and could also be created at home. Please email Ms Silburn if you would like to join – numbers are limited.

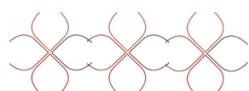
**CALLING ALL PARENTS** – are you able to help with donating fabric for capes or good quality used children's bed sheets or quilt covers?

Any donations would be greatly appreciated.

### Lifeline Book Fairs

Please email Ms Silburn for the dates or email Glenice Bland from Lifeline [glenicebland@gmail.com](mailto:glenicebland@gmail.com) if you are interested in helping out Lifeline with their local book fairs.

Linda Silburn, Coordinator of The Duke of Edinburgh's International Award.





## STELLA MARIS SPORT – RETURN TO TRAINING

Next week will see the return of sport at Stella. It has been a long time since the students have been able to enjoy participating in school sport, so it is very exciting that we can now commence some sporting activities.

At this early stage of returning to sport, there will be no involvement in competition or games. The focus will be on fitness and skills training at all sessions. There are a number of guidelines which will need to be adhered to by all members of the Stella sporting community that have been developed in line with the current restrictions and advice from the NSW Department of Health.

The key guidelines that will be adhered to at all training sessions are:

- Any student or staff member who is unwell or displaying any signs of illness (especially fever, sore throat, cough) must not attend training.
- All trainings will be conducted in groups of ten (nine students and one coach/teacher).
- Students will need to confirm their attendance at the session prior to the training.
- Students/coaches must not swap groups during the session.
- Focus is on non-contact activities. Training sessions will involve fitness and skills training rather than game play. Whilst some accidental contact may occur, there will be no deliberate body contact drills or games.
- There will be some sharing of equipment such as balls. All equipment will be cleaned before and after each training session. Any equipment that cannot be cleaned must not be used.
- No sharing of personal equipment such as drink bottles, towels, phones etc.
- Hand sanitiser will be available at all sessions. Students must hand sanitise before and after training.
- No intentional physical contact allowed – no hand-shakes, high fives, hugging etc.
- Attendance register to be completed at the beginning of every session. Students will need to 'check in' with the coach/teacher at the start of each session to complete attendance log.
- Use of public bathrooms is not permitted. Students may not use facilities such as toilets and bubblers when away from school grounds for training (eg Kierle Park).
- Students and staff to maintain a social distance of 1.5m whenever possible.
- No spectators allowed at training.
- Training groups are to be in school Year groups whenever possible.
- All students are to 'Arrive, Train, Move on'. There is to be no socialising before or after training sessions. Students and staff must arrive and go straight to the designated training venue and leave immediately after the session.
- Ensure a gradual return to training intensity to avoid injury.

The situation regarding COVID19 and government restrictions is changing regularly. Stella Maris will keep up to date with all current information and recommendations from the NSW Government regarding the return to sport.

Next week we will be offering sport trainings for basketball, athletics, soccer, touch football and fitness. Students have been emailed details of how to sign up for these activities. We expect to continue these sport trainings until the end of Term 3.

**Jenny Wickham, Sport Coordinator**





# 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 01 Jun	Tues 02 Jun	Wed 03 Jun	Thurs 04 Jun	Fri 05 Jun
QUEENS BIRTHDAY HOLIDAY	Majella Brady Rebecca Kristensen Sharon Fountain	Margaret Roberts Amanda McNally Aoife Cott	Brenda Kimball Belinda Andresson Lynda acadam	Kate Bambrick Brown Alison Treeby Kelly Hindman

# Uniform Shop

### Opening Times

During School Terms: 8am – 4.30pm Tues/Wed/Thurs. Entry via Scholastica building gates on Eurobin Ave.

### Parents On Site

For the time being parents are not able to visit the Uniform Shop. Now that the girls are back full time, they can make any purchases that are required so please load their MSA cards with the funds they will need. Please load student cards well in advance, as often it takes longer than the 30 minutes quoted on the MSA site to appear on our system.

### Winter Uniforms

The girls are to be in full winter uniform by 9 June (Week 7).

### Winter Uniform Prices

Junior blazer \$170 (pre ordered)  
 Senior blazer \$205  
 Junior skirt \$70  
 Senior skirt \$120  
 White blouse \$35  
 Pink blouse (Years 11 & 12) \$35  
 Scarf \$10

Collapsible "Stella" umbrellas \$15  
 Wool and cotton jumpers \$72  
 Sport shorts \$34  
 Sport polo \$43  
 Track top \$67  
 Track pants \$45

### Full Uniform and Stationery Price Lists

These are available on the website. Please refer to [Enrolments>Our Uniform](#).

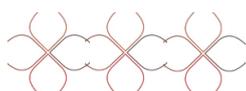
### Volunteers

**None required thank you.**

Gail Hickey and Peta Creighton

9976 1819

[uniform\\_books@stellamaris.nsw.edu.au](mailto:uniform_books@stellamaris.nsw.edu.au)





LOWER NORTH SHORE  
CHILD & FAMILY  
INTERAGENCY

# ONLINE FORUM 2020



## Fathers in Focus – Supporting Dads on their Parenting Journey

WEDNESDAY 15 July  
Time: 2:00 – 4:00 PM

### VENUE

Via Zoom (Link sent a day prior)

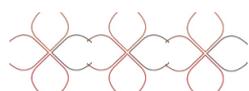
Cost: FREE

### REGISTER:

[www.trybooking.com/BJRRL](http://www.trybooking.com/BJRRL)

Contact: Maria Comino  
[mariac@ransw.org.au](mailto:mariac@ransw.org.au)

**ALL WELCOME**



# Fathers in Focus – Supporting Dads on their Parenting Journey

Fathers can often be left on the sidelines or ignored, as society has created gendered parenting roles. There are unique and irreplaceable attributes that are often untapped, which they sometimes need to fight to contribute (Steve Biddulph). Fathers bring paternal strengths, when combined with maternal ones contribute to better outcomes for children and families. The benefits of an involved father includes higher self-esteem, better social & academic experience in school, and healthier relationships.

As a service provider, you can have a direct and profound impact in supporting the active role of dads in the lives of children and families. Join us in this upcoming forum to uncover the value that fathers bring to families and to the community. We will reflect, question and challenge:

- The unique value of Father's
- Barriers and what if dad's aren't around?
- How they want to be engaged
- How to welcome/ include dad's into parenting & family life
- How to welcome them into parenting courses, schools and the wider community



## Andrew King

Practice Specialist Group Work and Community Education,  
Relationships Australia

Andrew King is a leading group work specialist in community services, counselling and health. A respected author of multiple text books and training programs, he has devoted a large part of his career to group work and working with men, fathering and domestic violence. As a research practitioner Andrew is known for his focus on generativity and sharing his knowledge using a strengths-based approach both nationally and internationally. Andrew is currently the Practice Specialist, Groupwork and Community Education Manager at Relationships Australia, NSW. He is a devoted husband and father of two daughters.

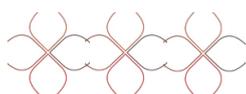


## Nicola Hensler

Co-ordinator – Family and Relationship Counselling, Naremburn and Northern Beaches Family Centres CatholicCare Diocese of Broken Bay

With over 30 years' work experience predominantly in the youth welfare sector as a community services professional, therapist and educator, Nicola's expertise stretches across homelessness, sector development, personal development and service management.

For the last six years, she has focussed on team leadership in her role at CatholicCare and clinical counselling practice working with individuals and couples, whom predominantly present with issues regarding relationships. In addition to counselling, Nicola also facilitates psycho-education courses for separated men and women dealing with ongoing conflict and facilitates weekly group therapy for men in recovery from addiction.





# NORTHERN COMPOSURE UNPLUGGED

LYRICS FROM THE LOUNGE

Entries now open

**Our popular premier acoustic comp is back! This time,  
watch and compete online from your lounge room.  
Opportunity to win cash, prizes and busking licenses.**

**Battle it out for the top spot!**

Entries now open  
Apply by Wednesday 17 June  
via [KALOF.com.au](https://www.kalof.com.au)

Open to young people  
12-19 years old

Enquiries: 8495 6615 or  
[youth@northernbeaches.nsw.gov.au](mailto:youth@northernbeaches.nsw.gov.au)

