



# STELLA MARIS NEWSLETTER

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

Term 3 Issue 04, 14 August 2020

*from the Principal*

## Feast of the Assumption

Tomorrow on August the 15th we join Catholics across the globe to celebrate Mary going to Heaven body and soul. Stella Maris means Star of the Sea and refers to Mary. In Honour of the College's special connection to Mary today's prayer is a modern version of the Magnificat.

A Modern Day adaptation of the Magnificat from Luke's Gospel (1:46-55) by Ann Johnson

My soul rejoices in you,  
And my spirit dances in your presence My God,

Because you who love mightily look upon me,

One who stands with arms stretched out towards you.

Blessed are we when we open our hearts and receive the joy of the Everlasting One.

Holy is your name.

You are the gentle one who reaches out in tenderness from age to age to caress with your hand the heads of those who serve you.

With powerful arms you embrace each of us.

The proud hearts that we hold out to you, you break and scatter.

You pull down the structures and fantasies with which we fortify ourselves, and you teach us the good and simple things.

Holy is this time, and patience is your gift to all who nurture your love.

Amen.

## Dear Stella Community

### Getting comfortable with change

When we take the time to look at how life has transformed in 2020, I think we'd all agree that down on the 'dancefloor' of everyday life it feels a little chaotic, as if we are out of step with the rhythm. We are making changes on the fly and often don't know which way is up; however, from a 'balcony' perspective, a vantagepoint that is not always easy to achieve, it's astonishing to see how successfully we have adapted over the past seven months and how creative our solutions have been.



Felix Ringel, an Assistant Professor of Anthropology who researches the concept of time, commented in an article this week that an impact of the current crisis is that we have lost the ability to keep track of time. He stated, "It feels a bit as if time has come to a standstill." He discussed enforced presentism, the feeling of being stuck in the present, combined with the inability to plan ahead. In the midst of this crisis, he said, "it is hard to imagine a future that looks different than the present."

Ringel suggests that in order to avoid the feeling of enforced presentism, we need to reclaim our future planning and think positively about how life should look post-Covid19. Essentially, we need to 'get comfortable' with change.

As families, and as a community, we want to help our young people cope with these new 'norms'. [ReachOut](#) is a wonderful resource in times like this; providing tried and tested [coping strategies](#) to help teenagers manage [change](#).

### Here are a few practical suggestions:

- 1. Talk talk talk:** but, actually ... leave the talking to the girls, and as adults we need to listen. We want them to feel safe and comfortable to just 'blurt it all out'. The aim is to acknowledge that whatever they're feeling, whether it be sadness, fear or anger, it's as normal as feeling happy. They are better able to deal with stress when they know it's perfectly OK to have a range of emotions. They will feel validated.
- 2. Live in the now and find a ('Covid-safe') activity that they love to do:** Engaging in enjoyable activities will help lower stress. Perhaps then is the time to talk about what has changed in the world, and also, what is possible! Negative emotions may not disappear overnight but talking them through when they are less stressed helps them process and accept what has been happening in the world.
- 3. Model positive coping behaviours:** Teenagers don't have the life experiences that adults do, so it's critical to model behaviour that shows the young people in our lives that change can help us develop courage, flexibility and resilience. Let them see that you're thinking positively, eating and sleeping well, relaxing when you can, and generally looking after yourself.
- 4. Brainstorm what they can control versus what they can't:** This will help reassure them that they're not powerless and give them a positive perspective. [Here](#) is a fantastic graphic (USA) that makes this clear:

Attribution: [The Counseling Teacher Brandy](#)

Teaching these skills to our teenagers at school and at home, is instrumental in assisting them manage any obstacles that come their way. As they return to the 'dancefloor', hopefully they will feel comfortable with new rhythms and embrace new moves. We cannot always control the music, but we can learn the steps together.

Thank you for your continued support of the College as we work together to foster a strong sense of wellbeing and equip our young people with essential life-skills that are necessary for overcoming the unpredictable challenges that life presents.

*Amy Smith, Assistant Principal Wellbeing*



*inclusive innovative inspiring*





Start your *Stella* story

## ENROLLING NOW for YEAR 7 2023

If you wish to enrol your younger daughter for Year 7 2023 at the College, the Registration form needs to be received by the Registrar no later than Friday 18 September 2020.

To download a Registration form, please visit our website [www.stellamaris.nsw.edu.au](http://www.stellamaris.nsw.edu.au) (or have your older Stella daughter collect one from Main Reception)

Interviews for Year 7 2023 will be conducted early in Term 1 2021.

*Limited places still available for Year 7 2022.*

## Diary Dates

Monday 17 - Friday 28 August  
HSC Trials

Thursday 20 August  
Yr 11 Leadership day

Friday 4 September  
STELLA DAY

Friday 25 September  
Term 3 Concludes



## SACRAMENTAL PROGRAM

The Sacramental program will be held in the Chapel at lunch times throughout the remainder of the year for any student who wishes to receive the Sacraments of Baptism, Confirmation, Reconciliation or Eucharist. If you are interested in joining this program please email Ms Chin by Friday 12 August.

**Nicola Chin**  
Director of Mission, Identity & Culture

## SPORT REPORT

### Athletics

Congratulations to the girls who have been selected into the Stella Athletics team. The team will compete at the IGSSA Championships if it is able to proceed. Only a very small team was selected this year due to COVID restrictions.

Well done to the following girls on their selection:

**Sophie Bishop, Leisha Carter, Noa Davies, Grace French, Amelia Giardina, Emie-Rae Goodwin, Chloe Hatvany, Taylor Jones, Annabel Lynch, Sophie Mather, Ava McGettigan, Eadie Picard, Taya Radford, Lucia Rich, Piper Simons, Emily Smith, Kyla Whyte, Holly Wickham and Pippa Young.**

### BBSSA Golf

Expressions of interest are being called for the BBSSA Golf Tournament. This will be held on Friday 4 September. All players must be members of a golf club and have a golf links number. Any interested students should email Mrs Jenny Wickham by Wednesday 19 August for more information.

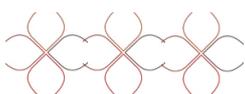
### IGSSA Gymnastics

We are calling for expressions of interest for the IGSSA Gymnastics competition to be held in Term 4. Any students who are interested in joining the Stella team should email Mrs Jenny Wickham by Wednesday 19 August for more information.

### Water Polo

Congratulations to Olivia Fernie and Scarlett Beaumont who have been selected into the Water Polo AUS squads for 2020. Well done on this fantastic achievement!

**Jenny Wickham, Sports Coordinator**





## DUKE OF EDINBURGH'S INTERNATIONAL AWARD NEWS

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.

**CALLING ALL PARENTS...** Are you able to help with donating fabric or good quality used children's bed sheets or quilt covers to make capes for kids in hospital?

Any donations will be greatly appreciated.

August Stella Stars – Congratulations to Jessica Dunn and Josie Kelly. It was great to finally present you with your Silver awards.

### How do I continue with my Award in 2020?

#### Temporary changes and advice for completing your Award.

To support Award requirements and to encourage you to stay active and involved in the Award, we have made some temporary changes. These temporary changes are to help you continue with your Award journey during the pandemic. It is important to us that you are still able to experience the Award the way it is intended and continue achieving your goals! These changes are designed to be helpful, specific and temporary.

#### Physical Recreation

There are lots of activities for the Physical Recreation Section that can be done from home or that are allowed now, from yoga, or running, to online exercise classes. Remember to seek approval from your Award Leader before you start.

#### Skills

If your regular session for your Skills Section isn't running at the moment, speak to your Award Leader or Assessor to find out what you can do at home or at school. This may include extra practising if you are playing an instrument, doing a performing art, doing/ making games, or further research and project work.

There are lots of activities for the Skills Section that can be done from school also -MAD social justice group (see Ms Collins), Learn to sew with Capes for Kids (see Ms Silburn), help out in the Library, drawing in the Memory Project (see Ms Quick) debating, band, choir....

#### Voluntary Service

Remember to ask your Assessor if there is anything you can do to support a local organisation; this may be helping make masks, Capes for Kids in hospital, Life Line book fairs, your local Vinnies store or soup kitchen, or writing to elderly people in your area. Although it may not be what you usually do, there are lots of ways charities and organisations might still benefit from your support, even if you're restricted from going to a venue or store.

#### Adventurous Journey

The most common question of 2020 is 'How can I make progress towards my Adventurous Journey section when all the hikes have been postponed?'

Currently it is not possible for Adventurous Journeys to be undertaken; however, participants can research and plan for journeys. Research local walks and future hikes and talk to your Award Leader about your ideas. Be ready for when you can resume our trips and an extremely fun-filled 2021.. fingers crossed!

#### How can parents assist their children to complete their Award sections?

Please continue to check in and encourage them to be consistent in logging their hours. The Award is designed to be student led although a gentle nudge of encouragement is always helpful.

- For **BRONZE** participants please aim to have your skill, service and physical recreation complete by Term 4.
- For **SILVER** participants please let me know when you have completed your three components and I will move you to GOLD depending on when you turn 16. You may also choose to skip SILVER and be a direct entrant for GOLD. Please see Ms Silburn for the form or download it from the teams page.
- For **GOLD** participants you will need to complete three sections to be eligible for your Award. When you feel you have completed the requirements please see Ms Silburn for the checklist before submitting your form. A good time to make an appointment may be in the second week of the trial period.

#### Can I continue to the next level of the award without completing my current level?

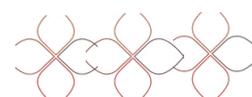
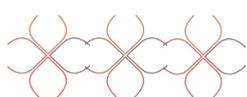
Participants are encouraged to complete all sections of one level of their Award before progressing on to another level. However, if there is good cause for a Participant to commence the next level then, with their Award Leader's approval, they may start with a section at the next level if they:

- have completed that section (including signed off by the Award Leader) in their current level
- have completed three sections of the current level
- have completed a substantial amount of the section that has not been completed
- have reached the minimum age of entry for the new level
- complete the lower level before the higher level can be approved for sign-off, or the higher level will be treated as a direct entry including the need for one section to be completed as a Major.

This is particularly relevant for Qualifying AJs cancelled due to COVID-19. This allows participants to start logging Physical Recreation, Voluntary Service and Skills at the next level while waiting to complete their previous level AJ Qualifier.



Linda Silburn, Duke of Edinburgh Coordinator





## CAREERS

Hello once again Stella Families! Hope the week has had some positive highlights and that you have something nice in mind for the weekend.

### Our New Stella Careers Website is for Parents too!

Just in case you haven't yet logged on to check out what is there, click on the following link to find student instructions to the Stella Careers website:

<https://www.stellacareers.com/newsletter>

Our site has something for everyone - students from all year levels are welcome to explore, as well as families. It's there for everyone to benefit from, no matter what stage you're at on your life-long learning journey.

There is a new section on our website to get parents thinking about VET studies and, in particular, debunking myths around VET Pathways. Check it out on <https://www.stellacareers.com/vet-knowledge>

There are videos to explore on a wide range of careers in the digital information world. They can be accessed by going on to the stellacareers website under FOR STUDENTS then selecting Job Videos. <https://www.stellacareers.com/>

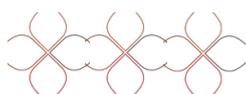
Are you interested in a future in engineering? Engineers Australia is a professional organisation that also supports young people who aspire to working in the industry. Explore their website: <https://www.engineersaustralia.org.au> or read their digital magazine: <https://www.createdigital.org.au>

The Stella Careers Newsletter that can be accessed in your STUDENT SECURE AREA by logging in and contains links to open days and other events that might be of interest. Be sure not to miss out on important information by reading it and exploring the website. Below are some more links for you to explore.

### SPECIAL MESSAGE REGARDING EVENTS LISTED AND COVID19

Events listed are presented as reported from the home website at the time of collection from the news source. We strongly advise you check directly with the event organisers regarding the delivery of the event due to current restrictions.

<p><b>UNI</b></p> <p><a href="#">UTS Undergraduate Options in Business and Management Webinar</a>  <a href="#">UTS Women in Engineering - WIEIT Scholarship Application Workshop</a>  <a href="#">University of Wollongong - South Western Sydney Early Admission Consultations</a>  <a href="#">Western Sydney University Open Days Agenda</a>  <a href="#">University of Sydney - Grand Challenge program</a>  <a href="#">University of Sydney – Become an Occupational Therapist</a>  <a href="#">University of Sydney – Why study Exercise Physiology or Exercise Science?</a>  <a href="#">University of Notre Dame Sydney Online Open Day</a>  <a href="#">ACU Talk with Teachers</a>  <a href="#">Undergraduate Physics Scholarships at Australian National University</a>  <a href="#">RMIT Virtual Open Day</a>  <a href="#">CSIRO National Science Week Challenge</a>  <a href="#">Pathway To Medical School</a>  <a href="#">Scholarships for Y12 Students Quantity Surveyors</a>  <a href="#">Uni of Newcastle Yr 12 Subject Spotlight - Early Offer Program</a>  <a href="#">University of Newcastle – Joint Medical Program (JMP)</a>  <a href="#">St Andrew's College (University of Sydney) Scholars Program Applications</a>  <a href="#">Teacher Education Degrees Deakin University CASPer Webinar</a>  <a href="#">University of Tasmania Virtual Open Day</a>  <a href="#">Simulated UCAT Day Workshop: 2-Day program</a>  <a href="#">Indigenous Australian Engineering School (IAES)</a>  <a href="#">Uni Survival Guide</a></p>	<p><b>COLLEGES</b></p> <p><a href="#">Study Interior Design - Sydney Design School Info Session</a>  <a href="#">Brent Street Dance 3 Day Spring Intensive Workshop</a>  <a href="#">AFTT Open Day . Film, Theatre, TV</a>  <a href="#">Bachelor of Data Science at S P Jain</a>  <a href="#">The Hotel School Scholarships</a>  <a href="#">Shillington Education – Info Sessions</a>  <a href="#">Academy of Interactive Entertainment (AIE) – Online Experience Day</a>  <a href="#">Excelsia College Early Offer Program – Music, Drama, Screen</a>  <a href="#">Patrick's Careers Academy Open Day</a>  <a href="#">JMC Online Open Day</a></p> <p><b>GENERAL</b></p> <p><a href="#">Harding Miller Foundation</a>  <a href="#">Entrepreneurship Education</a>  <a href="#">Teaching 101 – For High School Students</a>  <a href="#">Teach Incentive Scholarships - Get paid to study</a>  <a href="#">Student Life in the Tertiary World</a>  <a href="#">How to get Industry Experience While You are Still Studying</a>  <a href="#">Sports People - Employment in Sport</a></p> <p><b>Northern Beaches and Mosman College</b></p> <p>The course enrolment fee for a new entrant traineeship has previously been \$1000 but with effect from January 2020, the NSW Government has removed this charge and there will be NO enrolment fee! There's never been a better time for traineeships in NSW!! Click on the link to traineeships: <a href="https://nbmc.nsw.edu.au/traineeships">https://nbmc.nsw.edu.au/traineeships</a>. Check out other low cost short courses on their site: <a href="https://nbmc.nsw.edu.au/courses/Type/Jobseeker">https://nbmc.nsw.edu.au/courses/Type/Jobseeker</a></p> <p>If a course has begun, join the waitlist.</p>
<p><b>TAFE</b></p> <p><a href="#">MIGAS Pre-Apprenticeship Training Program</a></p>	





## 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 17 Aug	Tues 18 Aug	Wed 19 Aug	Thurs 20 Aug	Fri 21 Aug
Jacki Reimer Kendall Traverso Lindie McKay	Christine Campbell Louise Stedman	Nicky Lawson Cathy Shanahan	Orla Neville Kristina Porteous Amanda Thomas	Emma Cousins Katrina Harvey Lisa Thorpe-Apps

## Uniform Shop

### Opening Times

During School Terms: 8am – 4.30pm Tues/Wed/Thurs.

**Under these current conditions the Uniform Shop is only serving students unless other arrangements are made.**

### Parents On Site

As noted in the Protocols for Students and Parents emailed to all families recently – Parents are asked not to come onto the College grounds unless specifically requested – this includes visits to the Uniform shop.

The girls 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.

They can also bring credit card details, or these can be phoned in by the parent.

If you have made prior arrangements with the Uniform Shop to visit, please go to Reception prior to have your temperature checked and attendance logged (for tracking if needed) and to be issued with a Visitors lanyard.

### Winter Uniform Prices

Junior blazer \$170	Collapsible "Stella" umbrellas \$15
Senior blazer \$205	Wool or cotton jumpers \$72
Junior skirt \$70	Athletic shorts \$50 (for extra-curricular activities)
Senior skirt \$120	Sport shorts \$34
White blouse \$35	Sport polo \$43 (Only the current style polo with the red collar is to be worn.)
Pink blouse (Years 11 & 12) \$35	Track top \$67
Scarf \$10	Track pants \$45
Gloves \$7	

### Full Uniform and Stationery Price Lists

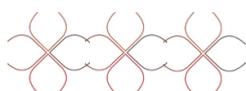
These are available on the website. Please refer to [Enrolments>Our Uniform](#).

### 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)





# Supervisors of Learner Drivers Online Workshop



Wednesday, 26 August 2020 6:30pm to 7:45pm

You can learn all the simple steps on how to teach a learner driver at this free online workshop. This online workshop will provide practical advice on a range of items including:

- Changes to the Learner Driver Licensing Scheme
- Log book apps approved by the Roads and Maritime Services
- Completing the learner driver log book
- Supervising learner drivers
- Understanding the benefits and safety aspects of supervised on-road driving experience
- Understanding the licence conditions for learners and provisional licence holder

## Registration

Bookings are essential as there are limited spaces. Log in details for the zoom presentation will be emailed closer to the event. Learner drivers are also invited to attend.

[Bookings - Supervisors of Learner Drivers](#)

### **Contact Information:**

Northern Beaches Council – Road Safety Officer  
[roadsafety@northernbeaches.nsw.gov.au](mailto:roadsafety@northernbeaches.nsw.gov.au) or call 8495 6804

