

12th June is the Feast of the Immaculate Heart of Mary

Prayer to Mary

O Mary
Gentle and humble of heart
Remember us when we are in need.
Give us, by means of your Immaculate Heart,
spiritual wellbeing
And may we be transformed by the fire of
your heart.
Amen

Diary Dates

10 June	Year 7 Meet and Greet
11 June	Staff Day (student free)
14 June	Queen's Birthday Public Holiday
15 June	School Photos
19 June	End of Term 2
13 July	Term 3 commences for students
17 Sept	End of Term 3

Student Safety Warning

There have been several incidents in the local area (in particular at bus stops and on public buses) where different men have brazenly approached young girls inappropriately, making them feel uncomfortable and afraid. The school (and parents) have actively made statements with local police who are investigating each case further. We encourage you to speak with your daughters about how they can respond practically and feel empowered if they were to find themselves in a circumstance like this. We will be reinforcing self-protection strategies at school. We do not want to alarm the girls, but we certainly want them to be alert and aware of how to access help in order to protect themselves (and each other).

PARISH YOUTH MASS

This Sunday 13 June – 6.00pm

The next Parish Youth Mass at St Kieran's Church will be on Sunday 13 June at 6pm.

All parishioners are welcome, especially families and youth.

Students from local colleges and schools together with their families have been invited to attend.

This liturgy is tailored specifically for young people with vibrant music, an engaging message and, of course, Augustinian community.

This is an important opportunity for all young people and their families to deepen their spiritual connection and strengthen their relationship with God.

Dear Stella Community

Stella Maris College Strategic Plan: Towards 2025

This week we launched our new Strategic Plan which outlines our priorities for the coming five years.

The plan has four key aspects:

1. The first is to ensure we are clearly expressing our identity as a school of Good Samaritan Education, so the community recognises who we are.
2. Secondly, to ensure that we are always striving for our best learning and teaching by embedding continuous improvement and creating meaningful and engaging learning opportunities for students and staff.
3. Building community so that everyone feels welcome and fostering wellbeing through strong relationships in our learning community.
4. Finally, being adaptable and sustainable to ensure that we are contributing to building a better world and a better learning environment here at Stella Maris College.

In creating the plan we reviewed our Identity, our Vision and our Mission statements.

Our Identity

A school of Good Samaritan Education

Our Vision

Inspiring young women to create a better world

Our Mission

Educating and empowering young people to embrace life, learning and creativity in an inclusive Catholic community, where students are nurtured, encouraged and challenged to fulfil their potential as future leaders – making a positive difference in their world.

We hope that you can contribute to our journey towards 2025. If you would like more information I encourage you to read a copy of the Strategic Plan or view the short video that launched the plan this week.

Congratulations

Congratulations to the Stella dancers who again have performed well in competition - this time at the Sydney Eisteddfod. Year 9 200-hour Dance Group gained first place and Years 7 to 9 Lyrical Ensemble came third in their respective competitions. Congratulations to the girls and to Ms Jones and Elle Preece for the great work with the students.

Archdiocese of Sydney Youth Camp

Sydney Catholic Youth (SCY) are hosting a 4-day youth camp from 5 to 8 July for students in Years 7 to 12 at the Benedict XVI Retreat Centre. For more information contact SCY (ph: 93078152) or the Manly Freshwater Youth Ministry (search on Facebook and Instagram).

Elizabeth Carnegie, Principal



Are you an ex-Stella girl?

Time to join SMESA!

The Stella Maris Ex-students' Association

Email me at exstudents@stellamaris.nsw.edu.au with your full name, maiden name, years you attended and other family members who also attended Stella. You'll go into our database and be notified of upcoming events as well as receiving IOGD - the SMESA annual newsletter. (You can opt out at any time.)

Also, join our [Facebook group](#) to connect with over 1800 friends, classmates and other former students.

*Donna Stimson
Ex-Students' Association*

School Photos 15 June

ORDER NOW!

www.advancedlife.com.au

Enter the code: KY8 HAC 97W

Portrait and group package orders are due by early morning, 15 June.

Sibling photo orders no later than 14 June. Sibling photos will only be taken if an order has been placed.

Queries: www.advancedlife.com.au/contact

Parents & Friends

Comedy Night – Saturday 24 July

Tickets are now on sale for the Comedy Night which will take place at our own Star of the Sea Theatre. Doors open at 7pm for an 8pm start, and drinks/snacks will be available prior to the show. Please note that parents are welcome to bring friends but it is an **adults-only show** and not for students.

comedyforacause.net/SMC

Year 11

We are still looking for an administrator for Year 11 in order to set up their group – if you have a daughter in Year 11 and would be interested, please email us at pandf@stellamaris.nsw.edu.au.

Next P & F Meeting – Wednesday, 14 July

Please come along to our next P & F meeting on Wednesday, 14 July at 7.30pm in the Old School Library. Amy Smith, Assistant Principal Wellbeing and Kylie Andrew, College Counsellor, will be speaking about their work focussed on the wellbeing of Stella students, including the Positive Education Program and acceptable use changes for mobiles and technology.

Hope to see you there!

*Kate Lovelace and Andrea Hogan
P & F Presidents*

Comedy for a Cause

SATURDAY 24 JULY 2021

Doors: 7pm / Show: 8pm / No students

Featuring comedians from
**Sydney & Melbourne
International
Comedy Festivals**

comedyforacause.net/SMC

**BOOK NOW!
\$35**

Star of The Sea Theatre
Stella Maris College,
52 Eurobin Ave,
Manly

**BOOK
ONLINE**

In Support of:
**Stella Maris
College**

Live webinar for parents next two Tuesdays

[REGISTER HERE](#)

Webinars for parents of Stella girls by clinical psychologist Dr Judith Locke.

**2 x 45 minute webinars (full presentation is 90 mins)
15 June and 22 June at 7pm**

These webinars will help parents adopt a parenting approach that truly builds their teen's resilience, wellbeing and competence. Topics will be relevant to the ages and will include practical ideas for parents to help teens become more responsible for their schoolwork in the different years, adjust to changing relationships with your child, deal with emotional or defiant behaviour, and maintain family harmony. (Additional time for questions will be given in both webinars.)

After registering, you will receive a confirmation email containing information about joining the webinar. Please note this webinar is offered once only and will not be recorded or repeated. If you wish to access similar content, then you are best to consult Judith's books.

*Please note these two different sessions are for **parents only** and children should not attend. Attendees may only include parents whose children currently attend Stella Maris or staff members of the College.*

STELLA MARIS COLLEGE, ALONG WITH THE SUPPORT OF THE COLLEGE P&F, PRESENTS

DR JUDITH LOCKE
a clinical psychologist and former teacher

ONLINE WEBINARS
Delivered as two different 45 min sessions (including 5 mins of Q&A time)

7pm 15 JUNE and 22 JUNE

HELPING DEVELOP YOUR TEEN'S RESILIENCE

To help parents encourage their teen's confidence, resilience and self-regulation in their schooling, in an era where many parents overdo assistance and care for their children. Register in advance for this webinar:
https://us2web.com.au/webinar/register/WN_m_u11AmDQeSHY_5b5C51E5

After registering, you will receive a confirmation email containing information about joining the webinar. Please note these webinars are offered once only and will not be recorded or repeated. If you wish to access similar resources, then you are best to consult Judith's books.





The Presenter
Dr Judith Locke is the Director of Confident and Capable, an organisation specialising in delivering psychological training solutions for parents, children and teachers. She has undertaken research investigating modern parenting, family wellbeing and academic environments. Her psychological commentary features regularly in the media, including a weekly parenting column for The Sunday Mail.
<https://confidentandcapable.com>

Another fantastic webinar

For Parents and Guardians of our 8-13 year old girls.

As you know next Tuesday at 7pm is our first Judith Locke online seminar on "Helping develop your teen's resilience".

On the same evening, Relationships Australia are facilitating a parenting webinar by Lisa Maltman, founder of The Sleep Connection. This seminar will focus on the impact that sleep deprivation has among students, learn strategies and tools to assist children to make informed decisions about their sleep health and be equipped to initiate sleep smart conversations at home.

Simply register for the event now (it's free) and the recording of the webinar will be available for a few days after the event.

**15 June
7pm to 8pm
Register by Monday 14 June**

<https://www.trybooking.com/BRXIW>

Contact Maria Comino if you have any enquiries.

mariaac@answ.org.au

You can tune in to Judith Locke on Tuesday 15 June and The Sleep Connection another day soon after!

Amy Smith
Assistant Principal Wellbeing

Conversations with our Tweens
Sleep for better health, resilience and performance
Presented by Lisa Maltman, The Sleep Connection



Did you know?
When we experience sufficient sleep, our academic performance, mental health, behaviour and physical health have significant long term positive impact.

Join this parenting seminar to:

- Understand more of the impact sleep deprivation has among students, in all aspects of their lives.
- Learn strategies and tools to assist your children to make informed decisions about their sleep health
- Be equipped to initiate sleep smart conversations at home



Presenter: Lisa Maltman, the founder of [The Sleep Connection](#) is passionate about improving lives through healthy sleep and concerned that over 30% of primary school children and 70% of teenagers are sleep deprived. Lisa specializes in helping students, staff and parents thrive in their overall physical and mental health, school performance, and family lives through her interactive programs and workshops.

This project has been assisted by Mosman Council's Community Grants Program










Lost Property: Has your daughter picked up her lost water bottle or retainer yet?

Canteen: Please ask your daughter to collect her container from the Stella Day cake stall. There are also many drink bottles and lunch boxes to be collected. They are off to landfill if not collected by the end of the term.

Student Reception: There are a number of items to be collected before they are disposed of at the end of term, including a number of expensive retainers.

Duke of Edinburgh Update

Year 9 - please complete the hike report for your practice hike on your ORB and send for approval.

Year 10 – please keep the Bronze qualifying reports coming. Remember to upload your document to TEAMS and to your ORB. This must be done before your award can be approved. Silver Award registration forms are now on your teams page and can be paid direct on your ORB once Bronze is signed off.

BEACH2BEACH Charity Fun Walk 2021 We need you!!

Beach2Beach 2021 Charity Fun Walk – Please bring your family and friends and help Stella Maris College retain our crown of largest group and largest school group by joining our 2021 team for the 3, 6 or 10 km walk/run. Follow the link below to join our team:

[REGISTER HERE](#)

All money raised goes directly to the Happy Days Cambodian Village school. Please note all Year 9 Bronze Duke of Ed participants will have their registration completed by the school. The Duke of Ed team would also love to hear from anyone interested in sponsoring our 2021 team with fun run t-shirts or printing. Please contact Ms Bradstreet or Ms Silburn for more information, thank you.

Capes4Kids is running each Tuesday lunch. Well done to the girls who are creating these little pieces of joy to be sent to sick children in hospital to remind them they are super heroes. If you have any spare fabric the girls could make into super hero capes please drop it into student reception or Ms Silburn.

Year 11 Biology at the Zoo

Year 11 enjoyed a very hands on excursion to the Zoo last week with sessions by staff from the Royal Botanic Gardens, Taronga Zoo and the Australian Museum on evolution and adaptations to environmental pressures.



Read for your House

Students may borrow books for Read For Your House over the holidays. Make sure you also complete the Renaissance Quiz to gain points for your house.



Good reads for parents and daughters these upcoming school holidays

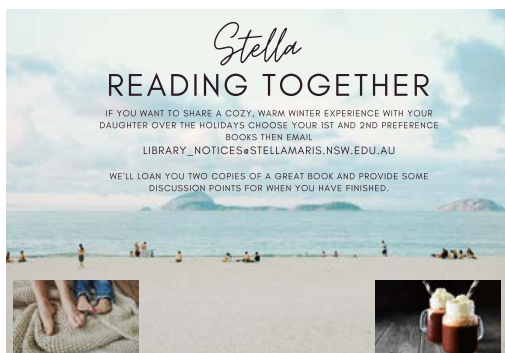


The Library has put together the following recommendations and an invitation to read with your daughter these holidays.

Our 'Stella Reading Together' program is designed to promote reading engagement by getting students and parents to read the same book at the same time and talk about what is happening.

Reading for enjoyment is linked to enhanced learning outcomes as well as building empathy and imagination.

READ THE RECOMMENDATIONS HERE



One week to go! 'Stella Shorts' Very Short Story Competition

Everyone is invited to participate in the Stella Shorts Very Short Story Competition. You get **140 characters to tell a story.** (Not 140 words!)

It is open to students, staff and parents. Submit your entries to alison_tedman@stellamaris.nsw.edu.au before the end of Term 2. Chocolate prizes! Interesting entries are coming in but we'd love to see more.

Alison Tedman, Head of English

Uno what's been popular in the Library this term?

Uno is growing in popularity and Chloe, Gypsy, Olive, Charlotte, Kyra and Alexis will attest to how much fun it is. We think it will become even more popular as winter sets in and the Library becomes a warm and very busy hub in which to spend break times.



Mini-recycling station in the Library

Make your home a little greener by dropping your used printer cartridges, old mobile phones, used batteries and bread tags into our recycling boxes located near the Library printer.



Virtual Recycling: Change your Google chrome to Ocean Hero. Ocean Hero is a search engine just like Google, where every search helps prevent ocean pollution and improves lives economically.

5 searches = 1 plastic bottle. <https://oceanhero.today/>
<https://youtu.be/icv88p42UD0>

OZ Bread Tags for Wheelchairs <https://ozbreadtagsforwheelchairs.org.au/our-story/>

Year 11 Art Camp

Over last weekend our Year 11 Visual Art students visited Currawong which is on the Western forshore of Pittwater, a short ferry ride from Palm Beach.

We stayed in little self-contained cabins in the trees overlooking the water far away from cars, street lights and busy suburbia. The students had 2 nights away in which time they were led through a variety of art workshops designed by their teachers with the purpose of developing individual practice whilst in a studio type setting.

Much of the art work was made 'en plein air' (painting outdoors) which is wonderful for developing observational skills.

The students were marvellously engaged and worked hard and enthusiastically. They were also incredibly helpful and made the whole experience a delight.

Thanks to the teachers for giving up their personal time to make the excursion so successful.

"As a group of students and artists invited to work on this special land, we acknowledge the traditional custodians of the country, the Garigal/Cadigal and Cannalgal people, who had a strong relationship with the Pittwater-Broken Bay area. We show our respect to the Elders past, present and future, and will continue to acknowledge culture and connection to country."

On Saturday the 5th of June to Monday the 7th, Year 11 Visual Arts went to Currawong Beach for our art camp. The Pittwater region was an amazing place to explore the beauty and natural elements that create the Australian landscape, which is our focus for this term.

Arriving by ferry, we began with a workshop with Teagan, an Aboriginal educator, who taught us the ancient art of weaving. It was a wonderful and insightful experience learning the use of weaving as a tool and now as an expression of art.

That night and over the next days we explored different artmaking techniques in workshops run by Clare, Ms Quick, Ms Silburn, and Mr Waters. From drawing the shore at night with only the highlights, using water colour to explore the effect of water, painting on textured surfaces, exploring the flow and movement of charcoal attached to sticks from a distance, urban landscapes, and a composition of a collage of trees drawn with different mediums. These techniques and concepts will be beneficial in our topic of 'Beyond the Landscape'.

Thank you to our wonderful teachers for putting together the amazing art camp."

Emily Varde, Year 11





Touch Football

Congratulations to the Stella Touch Football teams who competed in the NSW All Schools metropolitan Touch Championships at Penrith this week. The Stella teams braved the freezing cold conditions and played amazingly!

Year 7 and 8 Division

The two Stella junior teams played some very good touch football against strong teams.

The Stella Red team went through all round games undefeated, winning each game by big margins. They drew a very tough team in the semi final, and were unlucky to lose 3 – 1 to Caroline Chisholm. Well done to all members of the Stella Red team: Annabel Lynch, Ashton Reimer, Andie Milligan, Summer Bourke, Jade Guichon, Elisabeth Pulis, Charlotte Baum, Lily Hatvany, Michaela Morgan, Zoe Burke, Tilly Bridge.

The Stella White team had a tough pool, and played very well against strong teams. They finished their pool in third place, so did not progress to the finals. Well done to the Stella White team: Saoirse Ford, Gracie Hinchey, Olive Warren, Rileigh Smith, Holly Gallacher, Zahlia Ball, Riley McNamara, Zoe Furniss.

Year 9 and 10 teams

Our Year 9 and 10 teams played in the NSW touch competition on Thursday 10th June. We have two very strong teams and we were hopeful of some great results. The teams are:

Stella A: Piper Simons, Holly Wickham, Bella Burkett, Grace Shanahan, Grace French, Roxy Burkett, Sophie Bishop, Jemma Kalms, Annabel Lynch, Jade Guichon, Andie Milligan, Ashton Reimer, Anastasia Colahan

Stella B: Kaila Tuckfield, Maggie Bradley, Tara Nesbitt, Lucia Rich, Evie Fox, Meisha Warwick, Sienna Legaz, Eadie Picard, Poppy Hyland, Bella Doherty, Bonny Adams, Eliza Clancy

Results of this gala day will be reported in next week's newsletter.



NSWCCC Cross Country

Congratulations to the Stella girls who competed at the NSWCCC Cross Country at Eastern Creek this week.

The Stella girls ran extremely well in cold and windy conditions. Many of the Stella students finished in the top 20 of their races – a fantastic achievement at this high level of competition! Well done to the following girls who ran:

Sophie Lasorsa, Tilly Bridge, Emma Morris, Zoe Burke, Ashton Reimer, Elisha Cuthbert, Holly Wickham, Tilla Garrett and Izzy Stein.



Soccer

Congratulations to Piper Simons who played in the NSW All Schools Soccer team this week. Piper played in the CCC team against CIS and CHS in a two day tournament. With one win and one loss, CCC finished in second place. Congratulations Piper on another fantastic sporting achievement!

Basketball

Well done to all of the Stella basketball teams who are nearing the end of the MWBA Semester 1 competition. On Monday, our two Year 7 teams won their semi final and progressed through to the grand finals, which will be played in the first week of the holidays. Our Year 8 team had a narrow loss in their semi final.

Good luck to our year older teams who are playing in their semi finals next week.



Athletics

Stella will be competing in the IGSSA Friday night Twilight carnivals in Term 3. Any students who would like to compete at these carnivals will need to complete the expression of interest form that has been emailed to all students.

Netball

Best of luck to our netball teams who have made it through to the final series of the Peninsula Cup competition. The following teams will play in the finals next week:

Under 14 Div 1A

Stella Red – Grand Final

Stella White – Bronze Medal match

Stella Green – play off 5th/6th

Under 14 Div 1B

Stella Gold – Bronze Medal match

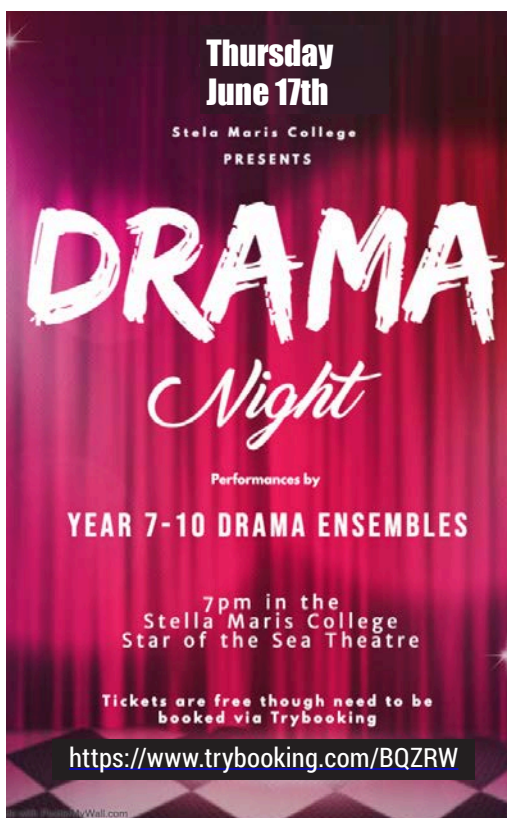
Under 18 Div 2

Stella White – Grand Final

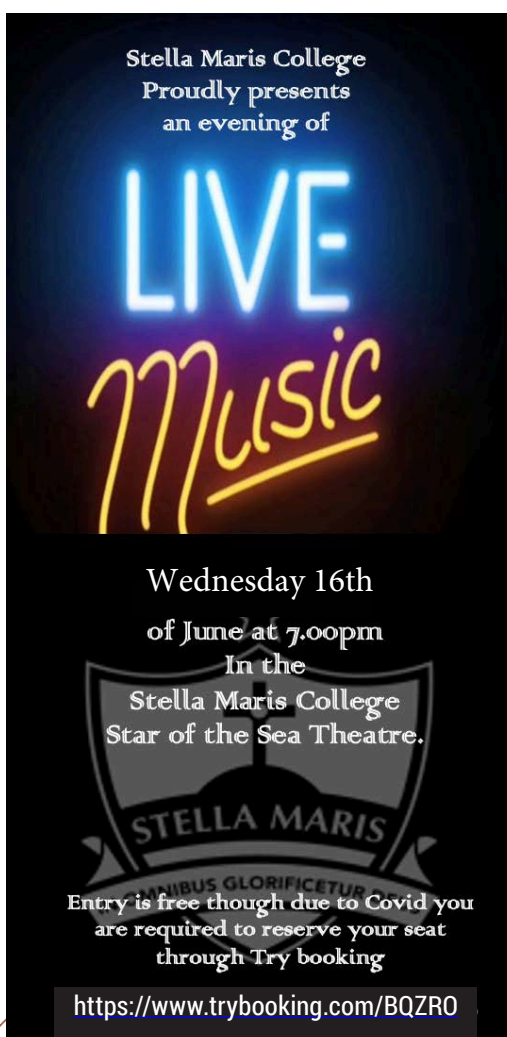
Stella Black – Bronze medal match



Jenny Wickham
Head of Sport



BOOK NOW!



Sydney Eisteddfod Dance Results

The Dance girls had another exciting weekend at the Sydney Eisteddfod.

This time the junior girls (Years 7-9) were competing for the first time and every group did a fantastic job.

The Jazz Ensemble who are taught by ex-student Millie Slennett had a ball performing and were strong, energetic and engaging. They didn't receive a place this time but I have every confidence they will in the future.

The Lyrical Ensemble, taught by ex-student Elle Preece, was absolutely beautiful and received 3rd Place.

The Year 9, 200-Hour Dance Elective also competed and won 1st Place and \$100.

Every student had a great time and all were buzzing with excitement.



Canteen

Please **ONLY** put your daughter's online lunch order in for the following day....NO ADVANCE orders please. We are running out of stock on any given day and the girls then miss out on what they think they've ordered.

Please remember to have online orders in by 9.30, otherwise the girls can line up and get their lunch. We now have noodles available with a plant-based stock and if requested, vegetables and chicken. These are available over the counter at lunch time.

Volunteer hours are 9.30am to 2.30pm

Monday 14 June

Public holiday
No volunteers

Tuesday 15 June

Tanya Moss
Jo Rolfe
Louise Stedman
Helen Rouvray

Wednesday 16 June

Hollie Seibold
Cathy Shanahan
HELP NEEDED PLEASE

Thursday 17 June

Orla Neville
Nicole Holmes
Kristina Porteous

Friday 18 June

Diana Panuccio
Duncan Barnett
Natalie Earl
Nicki Lawson

Regards, Bernie & Cheryl

*Can't make it or
would like to volunteer?*

Please call Bernie
9976 1826 or 0414 519 108

Uniform Shop

- 1. Stella Pants:** These can be paid for online. Stella Pants (\$65) and smaller size blouses (\$43) on order have arrived. The girls have been emailed to come to pay and collect.
- 2. There are many uncollected orders at the Uniform Shop.** Please ask your daughter to collect these before the end of term.
- 3. Year 7 Art Pack to be purchased NEXT WEEK!**
For the girls doing Art in Terms 3 and 4. \$60. Please order online for next trading day pickup.

Open

8am to 4.30pm Tues, Wed, Thurs during term.

At this time Stella Maris is not encouraging parents on site. Your daughter is able to come to the Uniform Shop to make her purchases so there is no need for parents to come to the Uniform Shop. If payment cannot be made by Student Card, please contact us for alternatives.

- 1.
2. Collapsible 'Stella Brella'. Handy to carry in your daughter's backpack. \$15
3. Soccer socks \$15
4. Scarves \$12 Gloves \$7
5. Disposable face masks \$1

Student Card

Does your daughter have sufficient funds on her Student Card for purchases at the Uniform Shop? Please top up her card the night before as it can take a few hours to load. We also accept debit/credit cards.

Online Uniform Shop

The College now has an online Uniform Shop allowing parents and students to conveniently purchase items online. Please order under your daughter's name. All items are available for pick up from recess the next Uniform Shop trading day. Please ask your daughter to collect her order the next day. We have been holding uncollected paid orders for some time. Please see the link below to access our online store, this link can also be found on the portal and school website. If you have any queries please email us. Some sizes may show as "Out of Stock". This may be because stock is low in that size. Please check with the Uniform Shop.

There is a 1pm cut off for placement of orders for same day collection Tuesday to Thursday.

<https://uniformshoponline.stellamaris.nsw.edu.au/>

Please collect orders shortly after the Ready for Collection notice is sent.

More Uniform Information

[Click here to go to the College Uniform webpage](#)

You can also contact Gail Hickey
9976 1819

uniforms_books@stellamaris.nsw.edu.au

Our Local Community

Advertising Policy: The College newsletter is not open to advertising for commercial businesses. We are sure you understand the practical nature of this decision given the size of our community. Within limits, we promote events run by the local council and by registered not-for-profit organisations working in the local area. Thank you for your understanding.



Crisis Support. Suicide Prevention.

GIANT BOOK FAIR

Forestville
Memorial Hall, Starkey Street

July 7-10

**Wednesday 11-6, Thursday 9-6,
Friday 9-6, Saturday 9-3**



**Environmental
Art & Design Prize
Northern Beaches 2021**

Entries now open

We are inviting submissions from Australian artists and designers who are agents of change, engaged with the natural world, sustainable living or responding to climate change through their practice.

Closing Monday 21 June 2021
artdesignprize@northernbeaches.nsw.gov.au
northernbeaches.nsw.gov.au