



STELLA MARIS NEWSLETTER

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

Term 1 Issue 05

05 March 2021



Lenten Prayer

Loving and gracious God

*Your Son so loved the world
that He gave Himself up to
death for our sake. Grant
us the grace to receive this
love through our personal
encounter with Jesus
and to proclaim Him as
our beginning and end.
May each member of the Church in
Broken Bay be one in Christ
and experience the promise
of abundant life.*

*We ask this through Christ
our Lord*

Amen.

*Jesus Christ, the Alpha and the Omega,
Diocese of Broken Bay – Lenten
Program 2021*

Dear Stella Community

Judith Locke Presentation

Earlier this month I watched a powerful webinar presentation by Dr Judith Locke, a psychologist who works with families, helping them understanding the particular needs of adolescents. Her two books, *The Bonsai Child* and *The Bonsai Student* are excellent guides for parents on managing the teenage years.

In the webinar Dr Locke described some of the patterns of behaviour that can lead to overparenting. They included:

- extreme responsiveness- where parents tended to treat their child as a best friend
- extreme belief in their child's limitless ability -which results in constant pressure to succeed
- parent effort to stop children facing tricky things – expressed as protective behaviours and problem solving and
- parental control of the child's experiences - where the child is not allowed to operate autonomously at all - resulting in dependent behaviours.

The impact of overparenting on the child can be significant, resulting in the development of anxiety, depression, a sense of entitlement, reduced regulation of emotions and a lack of life skills in the child.

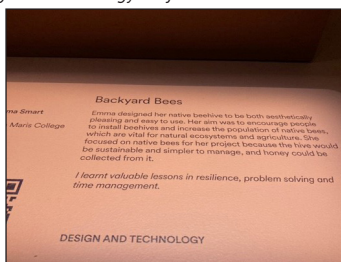
Dr Lock explained that it is important that parents try to build practical ways in which children and adolescents can develop independence. She suggests parents encourage their children to speak up for themselves in appropriate forums and to look for opportunities to develop their independence in simple ways, such as catching the bus to school or walking if appropriate.

Starting high school is a perfect opportunity for parents to encourage the gradual development of the skills of independence. Allowing your daughter to self-regulate will allow her to grow into a high-functioning adolescent and a happier family member.

If you are interested in learning more, you can read an **article by Dr Locke on Self-Regulation** sourced from the Alliance of Girls' Schools Australasia.

Elizabeth Carnegie, Principal

Congratulations to Emma Smart. Design & Technology Major Work 2020 selected for Shape Exhibition. See page 5.





Diary Dates

06 March	Year 7 2023 Interviews
08 March	Swimming Carnival
19 March	Year 7 Surf Survival
22-23 March	Year 12 Retreat
29-31 March	Year 7 Camp

YEAR 7 2023

The College is currently interviewing for Year 7, 2023

Do you have a daughter in Year 5? Is she enrolled at Stella? If not, please complete the online

[Registration Form](#)

or go to

www.stellamaris.nsw.edu.au

and click on 'Enrol Now' to complete the Registration form



Online Ordering

We have online ordering through My Student Account (instructions below). You can also deposit funds to your daughter's account via this method.

Please make sure you have your **LUNCH order in by 10am**. This is the **only way** to order your lunch.

Please only order for the following day (no advance orders) as we can run out of items.

The girls will pick up their order at a register – they don't have to line up with everyone else in the undercroft.

The MyStudent Account link is available on Stella Online, our new parent portal. It is not on the SEQTA app. (You would have received an email about this.)

To access MSA:

1. Login to Stella Online (link is available in our website, at the top)
2. Click on "My Student Account"
3. Top up the card and do online orders.

For any issues please direct your query to IT
itsupport@stellamaris.nsw.edu.au

Head Lice

There has been a confirmed case of head lice at the College. Could you please check your daughter's hair for head lice, and if you find them, please treat her before she returns to the school.

A good method to check for lice is:

1. Brush and detangle your child's dry hair with an inexpensive hair conditioner.
2. Once your child's hair is detangled, comb the conditioner through their hair with a good quality head lice comb.
3. Wipe the conditioner from the head lice comb onto a paper towel or tissue.
4. Look on the tissue and on the comb for lice and eggs.
5. If lice or eggs are found, the child should be treated before they return to school.

Final migration from old Igloo Stella Portal to Stella Online

As you are all no doubt aware the College has transitioned to a new online Portal in 2021 called 'Stella Online' where you are able to access all of the online requirements for your daughter(s). All teaching and learning information is available through accessing SEQTA Engage through Stella Online or the SEQTA app. Starting in 2021 reports will also be made available to parents through SEQTA Engage.

Effectively this means that at the end of Term 1, the old igloo Portal will shut down and no longer be available online. Currently the only information left in that portal which parents would need to access is school reports for Year 8-12 students.

To ensure all parents/guardians have these reports before the igloo Portal is shut down over the coming weeks you will receive an email from your daughter before the end of Term 1 with all reports attached that she has received at Stella up until the end of 2020.

In their PC groups the girls will access the old Portal, download all available reports, save them in their Onedrive, and then email them to their parents/guardians.

Whilst the girls will have access to their reports through their Onedrive in their time at Stella, I ask that all parents, download the reports when sent to you via email and store them appropriately should they be required in the future.

Brett Foster
Director of Innovative Learning

Parents & Friends

We are excited to introduce ourselves as your new P&F Co-Presidents. It's a little daunting for us to have accepted this role, being Year 7 parents and brand new to the community, but also because we have taken over roles from an amazing group of women who have held the mantel for a number of years. A massive thank you to Colleen Dopper and Kerrie-Ann Foresto for all their hard work. We are also very grateful to Val Buono who has agreed to stay on as Treasurer for another year. It will be invaluable to have Val's experience and input as we navigate our new roles.



Your new P&F Committee

Co- Presidents: Kate Lovelace (Billie O'Brien Year 7)

Andrea Hogan (Sienna Year 7)

Treasurer: Val Buono (Elena Year 12)

Secretary: Ali Dyball (Sophie Year 7)

P&F Committee General Members

Eve Harvey (Alexis Year 7)

Nicole Margetts (Georgia Year 7)

Debra Ristuccia (Millie Year 8)

Glenn Davis (Emily Year 9)

Janet Sajowitz (Macey Year 10)

Maria Dunn (Jessica Year 12, Emily Year 9)

We strongly believe that the P&F is all about building community that will support your daughter's wellbeing and develop the tripartite engagement between school, parents and daughter. With this in mind, we are keen to organise some fun social events this year to re-connect our wonderful parent community after a year of little social interaction. As restrictions ease we hope to be able to resurrect some of the events that had to be cancelled last year and perhaps design some new ones. Watch this space!

In order to organise some informal social catch-ups we are keen to set up a WhatsApp group for each year group. The purpose of the WhatsApp group is solely to connect parents and organise social events, for those interested in joining.

We were inspired by the parents who turned up at the P&F meeting and others who subsequently offered to help. Ideally we'd love for each year group to be represented on the Committee so we're really keen to hear from you if you would like to be involved. It's a great way to make friends and meet people from the community!

If you have any ideas, or anything you would like to see implemented by the P&F, please let us know. We can be contacted at P&F@stellamaris.nsw.edu.au

*Kate Lovelace and Andrea Hogan
P&F Presidents*

Swimming Carnival

DATE: Monday 8 March

VENUE: Manly Pool (Andrew Boy Charlton Centre)

DRESS: House colours in the theme "Fitness Fling"

IMPORTANT INFORMATION:

- The Swimming carnival is a compulsory school day. All students in Years 7 – 12 are required to attend.
- All students in Years 7 to 12 are to be at school by 8.40am for PC. Students will then walk to the pool in Year groups.
- All students are required to walk back to Stella at the conclusion of the carnival and will be dismissed from school at 3.20pm.
- All students will need a one-piece swimming costume and House coloured swimming cap.
- Students are to wear House colours in the theme of the carnival: "Fitness Fling" (anything sporty!) or full PE uniform. Students must wear sandshoes to and from the carnival and when not competing (no thongs/slides are to be worn to school).
- No spectators allowed this year.
- No phones to be brought to the carnival. Phones should be left at school in lockers.
- There will be no access to the canteen. Students must bring ALL food and drink for the day. Delivery food (eg UBER eats) will NOT be allowed.
- Remember to bring hat and plenty of sun cream.
- No coloured hair spray or coloured streamers allowed at the pool
- Students must remain in House areas when they are not competing. The indoor area and children's pools are out of bounds.
- Normal school rules apply for the day.
- All students are required to return to school at the end of the day.
- There will be no cheering or war cries this year.
- There will be a House dance off and best dressed competition. We encourage everyone to get involved in all House activities on the day.
- Entries for the Championship events have now closed. Students may still enter the non-championship events (50m freestyle, 50m Backstroke and 50m breaststroke) on the day.

IT IS EXPECTED THAT ALL STUDENTS WILL PARTICIPATE IN RACES ACCORDING TO THEIR ABILITY.

WE ENCOURAGE ALL STUDENTS TO PARTICIPATE! IT IS A FUN DAY AND WE LOOK FORWARD TO A GREAT STELLA SWIMMING CARNIVAL!

NAPLAN

During May 2021, students in Years 7 and 9 will sit NAPLAN. The schedule for the tests is as follows:

Tuesday, 11 May

Language Conventions Test (spelling, grammar and punctuation)
Writing Test

Wednesday, 12 May

Reading Test

Thursday, 13 May

Numeracy Test

On Friday 14 May: A 'catch-up' day is scheduled for students who missed a test.

Students may be exempt from the NAPLAN test if they:

- are from a language background other than English, have arrived from overseas and have been attending school in Australia for less than a year before the test; or
- have significant intellectual disability and/or significant co-existing conditions which severely limit their capacity to participate in the tests.

Students may be withdrawn from NAPLAN by their parent or carer after consultation with the Principal.

1. A parent or carer consent form must be signed.
2. Exemption from the tests must be discussed with the Principal.

All other students are expected to participate.

Disability adjustments which reflect the student's normal level of support in the classroom may be provided. Alternative format test materials are available to meet the needs of individual students (e.g. Braille, large print, black and white test material or the electronic test). Access to disability adjustments can be discussed with the College Inclusive Learning Department via Ms Cath Douglas cathy_douglas@stellamaris.nsw.edu.au

For further information about NAPLAN, visit [NESA's NAPLAN website](#).

Study Skills Resources

Study skills tips by Dr Prue Salter can be found here: <http://studyskillstoptipsparents.com/>

All students and parents at our school also have access to a great study skills website.

Go to www.studyskillshandbook.com.au
username: stellamaris
password: 52success

Study Skills

Studying, like any other skill, is something all children need to be explicitly taught. As with all skills it has to be broken down for students into small, age-appropriate steps and expanded upon as students mature and learn. As parents, what we did for study or what worked for us may not necessarily be successful for today's generation. To give our students the best possible chance of academic success, all learners at Stella Maris College are guided through an extensive study skills program from Years 7 to 12. This program takes into account their development as a learner and the requirements of the stage they are in. Formal sessions are held with Dr Prue Salter, an internationally recognised expert in study skills in Years 7, 9, 11 and 12. Note that sessions for Years 7 and 9 are for students and parents together. An outline of the program is as follows:

Year 7: Student/Parents live study skills session with Dr Salter and video sessions available to view in Term 1. Sessions to build on these skills continue during Pastoral Care.

Year 8: Students/Parents who missed the Year 7 session are invited to the live session for Year 7 and sessions to build on these skills continue during Pastoral Care.

Year 9: Student/Parents live study skills session with Dr Salter designed to acknowledge the changes in requirements as students enter Stage 5. Sessions to build on these skills continue during Pastoral Care.

Year 10: Students continue to access resources on Dr Salter's study skills site and work with Human Connections on 'Preparing for Senior Studies'. Sessions to build on these skills continue during Pastoral Care.

Year 11: Students have a live session with Dr Prue Salter on skills to thrive as a senior. Sessions to build on these skills are expanded upon during classes.

Year 12: Students have access to a series of videos guiding them through each term of Year 12 and a live session post-HSC Trials to assist them in their preparation for their final HSC exams.

For twenty years Dr Salter has specialised in the areas of study skills and self-regulated learning through her company Enhanced Learning. Not only is she an expert in helping students develop the skills they need to be effective and efficient with their learning, but her past experience as a secondary teacher and Year Coordinator gives her insider knowledge about the struggles students face. In addition to her academic work, Prue has written over twenty study skills worksheets sets and is in high demand as a presenter.

I encourage all parents to attend sessions, access her tip sites and discuss the skills and processes she recommends with your daughter(s).

*Brett Foster
Director of Innovative Learning*

Performing Arts

MUSIC

Please come if you would like to join these ensembles at the below times. New members always welcome. Please contact Leanne Haines at leanne_haines@stellamaris.nsw.edu.au if you have any queries reading Music.

Rehearsals are on:

- Performance Band - Wednesday mornings 7.30am in G201 directed by Mrs Maker
- Vocal Ensemble - Thursday mornings 7.30am in G201 direct by Mrs Maker
- Jazz Band – Thursday Lunch in G217 directed by Mr Browett
- Junior Music Club – Monday Lunch G217 with Mr Sutcliffe
- Group AMEB Theory Lessons – Please contact Leanne Haines at leanne_haines@stellamaris.nsw.edu.au

At the College we offer Private Music lessons in: Piano, Guitar and Bass, Vocals, Flute, Clarinet, Saxophone, Trumpet, French Horn, Trombone, Euphonium, Drums. Please email leanne_haines@stellamaris.nsw.edu.au if you have any questions or to sign up for lessons.

DANCE

Any dance enquiries please direct them to Rochelle_jones@stellamaris.nsw.edu.au

2021 Junior Performing Arts Scholarship

Applications close at 3.00pm on Thursday 11 March. If you have queries please email Head of Performing Arts Jessica_maker@stellamaris.edu.au

DRAMA

Please contact Phillip Wood at Philip_Wood@stellamaris.nsw.edu.au if you have any queries reading Drama

Ensembles are on:

- Year 7 Drama - Monday Mornings 7.30am in the Drama studio directed by Mr Wood.
- Year 8 Drama - Monday Mornings 7.30am in the Theatre directed by Tabitha Magnan.
- Year 9/10/11 Drama - Friday Mornings 7.30am in the Drama studio directed by Tabitha Magnan.

*Jessica Maker
Head of Performing Arts*

Design and Technology

We were so excited to hear from Emma Smart, one of our talented Design and Technology students who graduated in 2020. Emma's Beehives were selected to feature in the SHAPE exhibition this year. She was recently able to attend the opening exhibition with her parents.

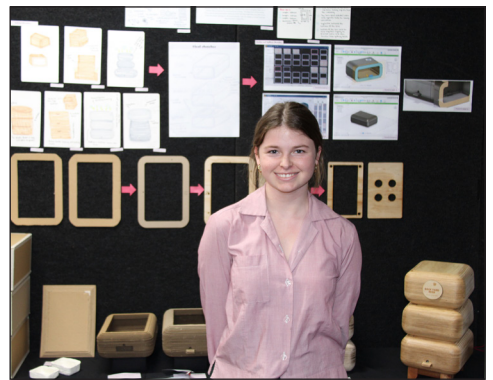
The Shape exhibition features a selection of exemplary Major Projects from HSC Design & Technology, Industrial Technology and Textiles & Design students from the 2020 Higher School Certificate examinations. Shape is presented by the NSW Education Standards Authority in association with the Powerhouse Museum.

Shape 2020 is open at The Powerhouse Museum, Museum of Applied Arts and Sciences and closes on 9 May 2021. Go along and have a look! Alternatively, for the first time, audiences will have access to the Shape 2020 virtual exhibition from mid-March to explore the projects and portfolios on display.

Emma designed her native beehive to be both aesthetically pleasing and easy to use. Her aim was to encourage people to install beehives and increase the population of native bee's which are vital for the natural ecosystems and agriculture. She focused on native bees for her project because the hive would be sustainable and simpler to manage, and honey could be collected from it.

Well done Emma we loved your Bee hives!

*Scott Mellis
Head of Design & Technology and Visual Arts*



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://youtu.be/icv88p42UD0>

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



GOT SOMETHING TO SAY? JOIN THE DEBATING CLUB!

Come along to our first meeting
Week 8

Wednesday 17 March
@Lunch in S209

New members always welcome!



Chinese New Year with Our Internationals

Earlier this term, we held two events to celebrate Chinese New Year 2021, the Year of the Ox. On Chinese New Year's Eve, we had a special lunch for the International Students with their Guardians and other special guests. The lunch included delicious traditional foods that hold special meanings for Chinese New Year. The students then wrote their wish for 2021 on red wishing cards and tied them to a tree near the Convent, with hope that their wish will come true for good fortune in the coming year.

The next week we invited the whole school to take part in Chinese New Year celebrations. The International Students helped local students find their Chinese Zodiac sign and write their own red wishing card. It was fantastic to see all Years come together to enjoy and commemorate the occasion.

*Jessica Willson
International Students Pastoral Care*



St AUGUSTINE'S
COLLEGE - SYDNEY

St Augustine's College presents
with Stella Maris College



Stella Maris
COLLEGE MANLY

The MATCHMAKER

BY THORNTON WILDER

TICKETS AVAILABLE @
trybooking.com/BOYDX

Students - \$10
Adults - \$20

By Arrangement with ORiGiN Theatrical
On Behalf of Samuel French Inc
A Concord Theatricals Company

@ Star of the Sea Theatre, Manly
24th - 27th March 7pm
Matinee: 27th March 2pm



Get a job in a career you love with a fee-free* Traineeship



With the NSW Government committing to paying the course cost for 70,000 new traineeships, there's never been a better time to enrol at TAFE NSW in a government funded traineeship course.

Traineeships combine on-the-job training with formal study to give you the skills and experience employers are looking for. Generally taking around 1-2 years to complete, traineeships offer you the opportunity to earn a salary while you learn.

TAFE NSW offers a range of traineeship courses covering many industries including early childhood, health and allied services, business, IT, hospitality and warehouse operations.

Traineeships are a proven pathway to well-paid jobs in a diverse range of careers. In NSW, traineeships are also fee-free*.

<https://www.tafensw.edu.au/fee-free-traineeships>

Visit our Stella Careers Website

Want a quick overview of what's going on?

[Click here](#) to take you to our calendar of events

Check out our weekly Careers News and the website newsletter [here](#) and select the first two dot points:

- 4 March 2021 Careers News
- Term 2 Week 6 2021 Careers Website Newsletter to download.

*Lisa Walsh
Careers Advisor*



Stella Maris Ex-Students Association (SMESA) Mentoring Program

Are you able to help our girls make their way into their first career? Give them some advice or moral support? It doesn't matter where you are located.

The College is looking to form connections between former and current students by way of a mentoring program for career advice and development.

The program is in the early stages of development but generally, mentoring may take any form that suits the needs of the participants.

If you are a former student of the College and would like to know more about being a mentor, please email donna_stimson@stellamaris.nsw.edu.au

*Donna Stimson
Alumnae, Archives & Development*

Canteen Roster

Hours are 9.30am to 2.30pm

Monday 08 Mar

Swimming Carnival

No volunteers required thank you

Tuesday 09 Mar

Majella Brady

Rebecca Kristensen

Sharon Fountain

Wednesday 10 Mar

Margaret Roberts

Jo Daley

Amanda Smerdon

Eve Harvey

Thursday 11 Mar

Brenda Kimball

Kelly Hindman

Elia Royle

Lynda Macadam

Friday 12 Mar

Steph O'Flynn

Kath Walker

Sophia Hennessey

Gemma Van Hamburg

Jacinta Norton

Maree Hayes

Lost Property

There are many lunch box containers, drink bottles (very expensive ones!) and other lunch items outside the canteen. Please ask your daughters if they are missing any items. They have been left here for quite some time and we would like to have them go to their homes as soon as possible! Thank you

Can't make it?

Please call Bernie on 9976 1826 to arrange a replacement

Please do not order your lunch in advance. We're finding we are running out of items by Wednesday (that are advertised on a Monday) and if there are orders for these items, say 2-3 days in advance, we can't fill them. Even though there is the option for putting orders in advance, we ask that you just order on the day please.

Uniform Shop

Open

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

During the pandemic Stella Maris is not encouraging parents on site. Your daughter is able to come to the Uniform Shop to make her purchases.

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.

Stella Hat

We are now selling the new Stella hat! Optional for all Years at a cost of \$75. Come to us for sizing.

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 come in at this time. We have been holding uncollected 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.

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

Winter uniform

Year 10 girls can come in now to buy the senior winter uniform. Parents have been emailed the details.

Year 11 girls needing just the pink blouse can come from next week to purchase. New students in Year 11 will need the full uniform. Year 7 and new students in Years 8 and 9 can buy their winter uniform in March. Details will be emailed next Tuesday morning. There will be two Saturday selling days on 13 and 27 March. TryBooking appointments will be available next week.

Face masks

The current advice is that if girls are travelling to school on a bus they must wear a mask. If they forget to bring one, disposable masks are available from the Uniform Shop for a short time for \$1. Policy changes will be updated in the College Newsletter as they arise.

More Uniform Information

[Click here for full price list](#)

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

You can also contact Gail or Peta
9976 1819

uniforms_books@stellamaris.nsw.edu.au

REGISTRATIONS ARE NOW OPEN

HEAD ABOVE WATER





24 HOUR
SWIMATHON

SATURDAY MARCH 20TH TO
SUNDAY MARCH 21ST, 2021

LIKE TO SWIM A FEW LAPS?

Want to help raise funds for mental fitness programs on the Northern Beaches?
Please join us for this awesome, life-saving event.

 Head Above Water Collaroy

 headabovewater1

For more info, email us at admin@headabovewater.com.au

PROUDLY
SUPPORTING



To donate or find out more, visit headabovewater.com.au