

NEWSLETTER

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

Term 1 Issue 09

1 April <u>2021</u>

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Prayer for Easter

We pray for everyone in our global family who is affected by the COVID19 pandemic, for those in our own parish, and for those who live in countries where healthcare is limited and poverty brings enormous challenges. May God grant us all the gift of an open-hearted, generous and compassionate response to those in need.

Lord, in your mercy hear our prayer.

https://cafod.org.uk/Pray/Prayer-resources/Lent-and-Easterintercessions

Diary Dates

29 Mar

1 Apr End of Term 1
2 Apr Good Friday
19 Apr Staff Development Day
20 Apr Term 2 commences - students
28 Apr Student Learning Conference Term

Yr 7 Camp

28 Apr Student Learning Conference 1 3 May Student Learning Conference 2

18 May Student Learning Conference 3

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Dear Stella Community

Year 7 Camp was amazing!

I was able to visit the Year 7 Camp at Collaroy Salvation Army Centre. It was wonderful to see the girls engaging in the activities and getting to know their Year group whilst having fun. Thank you to Linda Silburn and Carolyn Collins, all the PC teachers and Year 12 leaders who assisted with the camp.

Easter Week

I invite families to connect with their local parish communities and engage in the Holy Week ceremonies. Information about our local churches is available online on the Broken Bay website https://www.bbcatholic.org.au/places/parishes

Elizabeth Carnegie, Principal

Parents & Friends

WhatsApp for Year Groups

By the beginning of next term we hope to have a WhatsApp group set up for each Year group to help parents connect and organise social events. Thank you to those who have already offered to be Admins for their Year.

Save the Date - Comedy for a Cause is Back!

We are very excited to announce the return of the Comedy Evening for 2021 and ask you to save the date of Saturday, 24 July, for what promises to be a great night out. More information and booking details will be provided next term.

Next P&F Meeting

The next P & F meeting is on Wednesday, 21 April at 7.30pm in the old school library (G201). We will be discussing some more events to lock in for the year ahead so please come along and give us your input. Attending P & F meetings is a great way to find out what's going on at the College and to become immersed in the community. All are welcome and we hope to see you there!

Kate Lovelace and Andrea Hogan P & F Presidents

Old Magazine Request

Do you have any unwanted glossy magazines that haven't made it into the recycling yet? If so, the Mission Department would very much like to take them off your hands. Please drop them to Student Reception.

Nicola Chin Director of Mission, Culture and Identity



Read me!



Student Learning Conferences

Key points

- SLCs will be via MS Teams.
- Three dates to choose from.
- 3. New login for 2021. Instructions will be emailed to parents well beforehand.
- 4. One set of interviews per student.

1. MS Teams

The survey response to last year's online interviews was overwhelmingly positive: 84% of parents reported that they prefer to use Teams in 2021 and found the experience as good if not better than face to face interviews. As a result, this year's Student Learning Conferences will again be conducted through MS Teams. In preparation, your daughter(s) will be instructed as to how it will work.

2. Dates

Families from Years 7 to 12 may choose any one of the following dates according to your preference:

Wednesday 28 April 2.30pm - 7.30 pm Monday 3 May 4.15pm - 8pm Tuesday 18 May 2.30pm - 7.30pm

Interviews are booked online through an external provider, PTO.

3. New Login and Instructions for 2021

Please do not attempt to use login details from a previous year or your Stella Online login, as neither will work

Instructions will be emailed the day before bookings open as follows:

Year 12

Instructions for obtaining your login will be emailed to parents on 29 March.
Bookings open at 9am Tuesday 30 March

Years 7 to 11

Instructions for obtaining your login will be emailed to parents on 19 April.
Bookings open at 9AM Tuesday 20 April (Term 2)

It is highly recommended that you leave at least a 6-minute gap between interviews (do not make bookings back-to-back).

4. One set of Interviews

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

Jennifer Molloy Director of Administration, Risk and Compliance



Extra-curricular

Head Above Water

After horrendous weather on our original date which resulted in the event being postponed, the Head Above Water 24 hour Swimathon was held at Collaroy Rockpool last weekend (27-28 March), with a record number of swimmers (700+) recording over 17,000 laps/850km. We raised a massive \$175,000!!!

All funds raised go to our partner, Gotcha4Life (founded by TV and Radio personality, Gus Worland). So, over the past three years we have raised over \$330,000 to help fund mental fitness programs and workshops including Tomorrow Man, Tomorrow Women and Man Anchor, for Northern Beaches schools, sports clubs, businesses and community groups.

To date, more than 6,000 people have participated in workshops, creating a real positive impact on the peninsula.

On a personal note, I swam 200 laps (10km) and my brothers and I as "Team C Ward" helped raise \$3,475.

We were so lucky to have fantastic weather this time and it really brought together our supportive community - for whom we are so thankful.

Charlotte Ward, Year 8

Sailing

Well done to our 34 (Yes, 34!) Stella Sailors who have completed their Term 1 sailing course.

They share exciting, at times scary, and certainly wondrous memories of their sailing exploits. They've braved daunting waters, frosty winds and even plate sized spiders (no one expected that!).

Sincere congratulations to each and every student who participated and learned to set their sails in the positive direction they intend to follow.

Ann O'Brien





Hello Drama Queens!

To the cast and crew of The Matchmaker...I hope you are all catching up on some rest now the show is over although I know it does feel quite bittersweet that it has all come to an end. There has been such a wonderful response from the Stella and Saint Augustine's community. You should be so proud of your performances.

Jessica Maker Head of Performing Arts













Duke of Ed 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 2021

Congratulations to the 130 students who attended their first Duke of Edinburgh training session last Saturday. The girls are now on their way to achieving their Award and are busily working out what they would like to achieve in each component of the Award and finding an appropriate assessor. Please remember to hand in your parent permission form (green form) and the coloured Award plan to the box outside Student Reception as soon as possible.

Important reminder for finding an assessor:

- They must be over the age of 18
- They must have skills in the area they are assessing
- They must NOT be a relative of the participant
- They must have a current Working With Children Check number provided to the school with the full name, WWCC number and date of birth.

Any questions please email Ms Linda Silburn or Ms Andrea Mezger.

Year 11 and 12 Silver Qualifying or Gold Preliminary Hike

14–16 May in the Royal National Park and Cockatoo Island. This is a three-day hike that is stunning in scenery but quite challenging in its terrain and length.

Year 12 Residential Project

Well done to the ten Year 12 students who successfully completed part of their GOLD residential project at Year 7 camp this week. The girls were enthusiastic and inclusive in their approach with the Year 7 groups and formed excellent bonds with the girls. The Year 7 teachers, camp leaders and students thoroughly enjoyed them being there and appreciated their involvement and assistance.

Linda Silburn Duke of Ed Coordinator





Year 7 Camp Reflections

Asha Clements: On Monday and Tuesday my Year went to camp. We were able to do Laser Tag, Leap of Faith (drop pole), orienteering, rock climbing, archery and beach activities. Leap of Faith was my favourite because everyone was so encouraging and everyone in my PC gave it a go despite some being really scared. Overall this camp was the best!

Indiana Monardo: Year 7 Camp was lots of fun especially having some of the Year 12 Duke of Ed girls to help us. It was really nice to be in a cabin with my friends and be able to hang out with them. The Collaroy centre was so much fun and the amount of fun activities we got to do in two days was outstanding.













Social Justice

Year 10 Walk The Talk



This term Year 10 participated in an incursion hosted by Enlighten Education and Danielle Miller called Walk The Talk.

This pioneering program builds awareness of domestic violence and women's homelessness. The Walk the Talk workshop empowered our Year 10s to actively support women and children in need at our local Northern Beaches Women's Shelter and to identify positive relationships and their own personal sense of self-esteem.

97% of Year 10 registered that they found the workshop very valuable.

Danielle Miller was really easy to connect with and she made us laugh constantly. Danielle went through how to spot signs of an unhealthy relationship and what to look for in a healthy relationship, not just romantically but with friends, family and peers. She encouraged us to gather with people we may not have known and to talk and share. We were given little cards with kind messages and together we all promised each other we would be there for one another. It was a great experience and fun to listen to her stories. (Ellie M)

The Walk The Talk incursion was actually really fun. Danielle didn't just talk at us she engaged us with the conversation and even did some activities. I found it formative and I had a lot of fun with my friends, but I also gathered some knowledge and useful resources that will help me in the future with relationships and confidence. (Isabelle B)

Next Steps...

Stay tuned for initiatives that have been suggested by Year 10 that we will work on to actively support the Northern Beaches Women's Shelter this year. The girls have some very innovative and meaningful suggestions at this stage such as raising funds through a purple themed afternoon tea with fun activities. The aim is to direct funds raised towards providing much needed items like sanitary products, nappies and a collection of gift vouchers, which enable women to have that agency of choice to use the voucher towards items that they would like or need.

Project Compassion

A HUGE congratulations to our Stella Community for participating in Project Compassion for Caritas Australia. Each PC has contributed extremely generously through their donations during the Lenten period and through the St Patrick's Day fundraiser.

We managed to raise \$3,690.

The top three PC's that raised the most were:

- 1. PC 11.2, Ms Fisher
- 2. PC 10.3, Ms Merchan
- 3. PC 7.4, Mr Lawrence

Notable PCs that were incredibly generous along the way were Mr Wood's 12.8 and Miss Devaney's 8.1.



Halima from Bangladesh is now able to afford to keep her children clean and educated thanks to financial support through Caritas and Project Compassion

Peace Eggs & Mater Dei



Each year at Stella Maris we focus upon our connection to our fellow Sisters of the Good Samaritan school, Mater Dei.

We managed to sell a staggering 750 Peace Eggs in 10 days of which the funds go directly to Mater Dei to increase support for their students with special needs.

Our St Patrick's Day fundraiser has also provided much needed financial support through the donations that were raised. Coincidentally we supported World Downs Syndrome Day jointly with the St Patrick's mufti day fundraiser and students and staff came dressed in crazy socks to spark a conversation about the need to be inclusive of all our community's needs.

We have an incredibly generous and inclusive Stella community!



MAD Social Justice Club MAD Meeting Iunch Tuesdays Day 7 Old Library Everyone is Welcome

Please come along if you would like to connect with like-minded people who are passionate about making a difference in our community.

Our Social Justice Prefects Holly Nicholas and Lani Olivey run the informative and interactive session.

We have had a number of initiatives raised such as recycling bread tags for wheelchairs action as proposed by Ella McLeod and Emily Varde in Year 11.



Wellbeing

Stella Girls #choosetochallenge

Recently, two Stella students were invited to speak to the St Paul's community at their College assembly. The focus of the assembly was on showing dignity and respect to women, and the girls' speech centred around the International Women's Day theme of #choosetochallenge.

Soraya Gerritsen and Paris Downs from Year 11 spoke superbly to the full auditorium. They discussed the impact that language used in relation to girls/women can have. Both girls asked the St Paul's students to stand up and challenge their peers and others, who use language to reduce the dignity that all humans are born with.

Here is Soraya's and Paris' speech:

A couple weeks ago, we were out to dinner with some friends, enjoying our Friday night, getting ready for the weekend. We crossed the road at Dee Why beach, all laughing, smiles all round. When we reached the other side, a big ute sped behind us, packed full with a group of boys, red P plates. "You look good in that dress!" one of them yelled out the window. They all whistled and carried on. A lot of you might be thinking, how could I be upset by a compliment like that? But it ruined my night. It wasn't cold, but I hid behind my jacket all the way home, thinking, was this the wrong thing to wear, one of my favourite outfits? I should probably throw it away.

It makes me sick that I leave home feeling confident because I chose to wear what makes <u>me</u> feel good in my own skin, and I come home feeling insecure and belittled. As girls, we <u>know</u> that most boys who say these kinds of things probably have no intention to make us feel bad. We also know that for most of you it's not your fault when you think you're just being nice. We're here today to let you know how it makes us feel.

As a woman, it makes us feel worthless. It's the language often used on the bus, on social media and on the street that we need to talk about. Comments said to us about our body shape, our clothes, or the makeup we wear, make us think far too much about our appearance instead of what's really important. We know that most words said happen without thought but then we internalise everything and begin to shame ourselves. One incident has the power to crush our self-esteem and make us reconsider almost everything about ourselves. We know you may not realise the effect of words, but it changes our thoughts, feelings and actions; words can make us believe that all we are is our bodies.

These things are hard to forget; they stick in the back of our minds, making us question ourselves each time we're in the same situation. A simple call out lasts 5 seconds but has long lasting impacts on us. From what could be a nice walk down the street in gym clothes one day can easily turn into a walk in trackies the next. Or some girls won't want to leave their house at all.

To make this easier to explain, think about your female friends for a moment ... your girlfriends... your sisters...

your mum the women in your life. We are sure you all want them to be confident, happy and to not be held back by a stranger's cat-call. It is worth pointing out that we want the same for you! For our brothers, our mates, our Dads, our boyfriends. It's basic respect.

So what are we asking you to do?

Start with yourself. Do the words you use around girls make them feel like an object instead of a person? Would it bother you if it was in reverse - if it was said about you? You have the power the decide what words you say.

Be a stronger mate. Instead of being part of the problem, you could be the solution.

Stand up - it's that simple.

When you decide to step in, trust us, we feel safer.

We feel appreciated and valued. All it takes is you and your choices. Once again, remember the women in your life - you would want them to feel the same?

Challenge your mate when he speaks about a girl's Instagram post.

Step in when your friend may be looking at us in a weird way.

Stop them when someone rolls the windows down.

You, all it takes is you.

For your friends, for your sisters, for your girlfriends, for your mums, and for all of us, we are asking you to step in, make a change, and choose to challenge.

The St Paul's community were incredibly receptive to the speech and grateful that the girls had the courage to speak up. Stella is incredibly proud of both Soraya and Paris. Thank you girls! Our future is in wonderful hands.

Amy Smith Assistant Principal Wellbeing



Sport Report

Cross Country

The Stella Maris Cross Country Carnival was held on Wednesday 31 March at Queenscliff Lagoon Park. It was perfect conditions for running and the girls all enjoyed the event. It was good to see so many of the students running around and trying their hardest in all races. The interschool cross country carnivals will take place in May.

Congratulations to the place getters in each age group:

| Age | Place | Name |
|-----|-------|--------------------------------|
| 12 | 1 | Sophie Lasorsa |
| | 2 | Zoe Stride |
| | 3 | Jess Oakhill |
| 13 | 1 | Matilda Bridge |
| | 2 | Emma Morris |
| | 3 | Amelie Dooney |
| 14 | 1 | Eadie Picard |
| | 2 | Charley Hookway |
| | 3 | Elisha Cuthbert |
| 15 | 1 | Poppy Hyland |
| | 2 | Dyllan Howison |
| | 3 | Katie Fountain |
| 16 | 1 | Holly Wickham |
| | 2 | Mya Imgraben |
| | 3 | Ruby Ballesty |
| 17 | 1 | Izzy Stein |
| | 2 | Ava Lamond |
| 18 | 1 | Ella Garrett |
| | 2 | Louise Smith and Kayla Kimball |
| | 3 | Holly Nicholas |

AFL

Congratulations to the Stella Year 7 and 8 AFL team who played in the Grand Final of the Sydney Independent Schools AFL competition on Saturday 27 March. The Stella team played very well against a strong Abbotsleigh team. Although we were ahead at the end of the first quarter, the Abbotsleigh team fought back and went on to narrowly defeat our Stella team. Well done to all members of the team: Isabelle Breure, Ava Campbell, Hazel Coddington, Elisha Cuthbert, Amelia De Laine, Sophie Dyball, Charlotte Gallagher, Olive McCarthy, Ava Rochford, Georgia Rochford, Eva Rouvray, Claudia Selinas, Josephine Stubbs, Ruby Taper, Macey Townsend, CJ Ward and Kaylee Zanatta

Rowing

Congratulations to Pippa Young in Year 9 who competed at the National Rowing Championships in Tasmania this week. Pippa had outstanding results and won the silver medal in the U17 Double Scull 2000m final! This is an amazing achievement, especially since Pippa is only 14 years old. Well done on this outstanding result.

Diving

Congratulations to Elissa Mackenzie (Year 8) who competed at the IGSA Diving Championships on Friday 26 March, and the NSWCCC Diving Championships on

Monday 29 March. Elissa finished fourth at IGSA and an amazing second at NSWCCC. She is a talented diver and we congratulate her on these fantastic results. Elissa will now represent NSWCCC at the All Schools event next term.

Swimming

Congratulations to the Stella Swimming team who competed at the IGSA Swimming Championships at Sydney Olympic Park on Friday 26 March. The Stella team swam extremely well and finished second in their division. This is a big improvement from sixth place in 2020. Congratulations to the girls who placed in their events and made finals:

Keira Mironovic, Zara Durkin, Andie Milligan, Camille Hirose, Sophia Howison, Tilla Garrett, Sophie Launay, Jess Hibbert, Annabel Lynch, Holly Wickham, Elisha Cuthbert, Dyllan Howison, Jess Oakhill, Ashton Reimer and Anna Curley

A special congratulations to Jessica Oakhill (Year 7) who was runner up in the age champion for her age group. Well done Jess!

Congratulations to the Stella girls who swam at the NSWCCC swimming championships at Sydney Olympic Park on Monday 29 March. The girls swam exceptionally well at this high level of competition:

Tilda Brownlow: 4th 50m MC backstroke Andie Milligan: 10th 13 years butterfly Elisha Cuthbert: 11th junior 400m freestyle

Touch

Congratulations to the Stella girls who played at the NSWCCC event at Nelson Bay on Wednesday 31 March. Stella had eight students playing at this event. Both the U15 and Open teams went on to win.

A huge congratulations to the following students who were selected into the NSWCCC Squads:

Open: Emily Smith and Piper Simons U15: Grace French, Jemma Kalms, Sophie Bishop and Annabel Lynch.

Netball

The Peninsula Cup netball competition will commence in Week 2 of Term 2. Stella will have fifteen netball teams that will play on Tuesday afternoons at Curl Curl. Final grading for our Years 7 and 8 teams will be held on the first day of Term 2, Tuesday 20 April 3.30pm to 5pm at Curl Curl.

Athletics

The Stella Athletics Squad will commence training in Week 2 of Term 2. Permission notes will be emailed to all students in the holidays and will be available on SEQTA. We will be offering a great training squad with coaching in all events throughout terms 2 and 3.

Term 2 Sports

Permission notes for Term 2 sports will be available on SEQTA and have been emailed to all students.

Jenny Wickham Sport Coordinator



Canteen Roster

Hours are 9.30am to 2.30pm

Monday April 19

Staff Development Day No students

Tuesday April 20 - First day Term 2

Tanya Moss Jo Rolfe Louise Stedman Helen Rouvray

Wednesday April 21

Hollie Seibold Nicki Lawson Cathy Shanahan Tracey Fowler

Thursday April 22

Daniella Hazell Lesha Evans Michelle Malouf Claire Littler

Friday April 23

Alison Kelly Tara Edgtton Alyson Perry Simone Selinas Sandra Berryman

Thanks to all our volunteers for all your hard work during Term 1. It has certainly flown by but we hope you have a good, restful and safe break. We look forward to seeing you all in Term 2.

Regards, Bernie & Cheryl

Can't make it or would like to volunteer? Please call Bernie on 9976 1826 or 0414 519 108

Uniform Shop

- 1. The Uniform Shop will not be open during the school holidays.
- Stella Pants: Please come to the Uniform Shop for sizing. The pants can be worn in Terms 2 and 3 by all Years. Cost \$65.
- 3. Winter uniform: Weeks 1 and 2 of next term are a changeover period. Girls may wear winter or summer uniform. By Week 3 all girls are to be in winter uniform.

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.

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 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.

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

Disposable Face masks

Disposable masks are available from the Uniform Shop for \$1.

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



Community









































Community

















Community



WEDNESDAY 21 APRIL 2021 4:00 PM - 7:00 PM

MONA VALE SKATEPARK 1604 Pittwater Rd, Mona Vale NSW 2103



FREE EVENT FOR AGES 10 YRS AND UP.
BOOKINGS ESSENTIAL SCAN THE QR CODE TO
REGISTER OR VISIT TOTEMSKATEBOARDING.COM

TOTEM COM





