



1931 – 2021

STELLA MARIS NEWSLETTER

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www.stellamaris.nsw.edu.au

Term 3 Issue 04

6 August 2021



A Reflection on Stability

Benedictine Oblates, Lynn O'Gorman Latchford and Megan Boyle, describe stability thus:

Stability is the pole around which compassion can take root. Our fidelity to those we promise to stay with, care for and learn from, teaches us faithful compassion during good times and bad. We learn to accept frailty in another and ourselves. We learn that the red letter meaning of forgiveness is seventy times seven. We learn that the path to union with God can never be achieved alone. It is our relationships that will carve out our better selves to present before God. It is acceptance that this time, this place I find myself in is exactly where God wants me to be. It is the place of authenticity where our more perfect selves will be formed. If listening, obedience, ora et labora, lectio, hospitality, and humility are the yarns of our tapestry of life, then stability is the Divine weaver that pulls and draws us through the loom to form the picture, the plan of our life.

Good Samaritan Education Resources, 2020 Year of Peace

Please Read

This is a courtesy reminder that the third instalment of your 2021 College fees is payable by 15th August 2021.

Following ongoing restrictions in the face of persistent community transmissions of COVID-19, the pandemic is a daily challenge for everyone.

The College recognises that many of our families are continuing to experience unexpected hardships from the pandemic and that some may be worried about their ability to pay fees.

If your financial situation has changed short or long term and these changes have impacted your ability to keep up with your regular fees payment schedule, we kindly urge you to contact the Finance team fees@stellamaris.nsw.edu.au for confidential advice as to how we can best support you during this time.

Do you own a business and would like to advertise it in our Newsletter for the next month? Send your advertisement to administration@stellamaris.nsw.edu.au #supportingeachotherthroughcovid

Dear Stella Community

Year 12 Trial Exams

Parents of Year 12 girls have received an email today outlining the government's decision for the Trial HSC assessments to be done from home for 2021. We continue to work with NSW Health advice and this decision is in the best interest of our girls for their continued health and safety. More information will be provided next week.

Our Olympians

Bronte Halligan (Water Polo) continued her tremendous effort in the pool this week playing Tuesday evening against ROC. It was a great game but ROC had the Stingers measure and won 9-8. Bronte played well and added several goals late in the game to keep the Stinger's hopes alive but time ran out. The Australian team is playing off for either 5th or 6th place this Saturday against the Netherlands.

This Week's Assembly – International Day of Friendship

The International Day of Friendship was proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities. In 2021 it is even more relevant that we reach out to people.

In our world today our community needs our help. The vulnerable, those who live alone and those who are suffering because of lockdown should be the ones we reach out to. If you only choose one person to reach out to, you have made that person's life better because of your actions.

Congratulations to the Student Leadership Team for their great work on this week's assembly. The messages of hope and support were there throughout and the mood of the assembly was upbeat.

Providing a Term's Notice

Local families are reminded that the College requires one term's notice of any move to another school or learning environment (please note that overseas enrolments require two terms' notice). There are several reasons for this notice period. Firstly, budgets are set on current numbers, and, as the annual budget is set in September, we need to ensure that we are calculating costs and student numbers accurately. Secondly, once school returns in January, we are unlikely to make up numbers lost for any students who choose to leave without providing the required notice.

Please ensure that if your daughter is leaving at the end of 2021, you have informed the Registrar by the end of Term 3.

Elizabeth Carnegie, Principal

Keeping Active in Lockdown

Staying active is more important than ever whilst we are in lockdown. The students are spending lots of time in front of a screen and have less incidental exercise than normal. There are plenty of things that can be done to try and encourage your daughter to stay active while over this time of online learning. The following tips have been sent to the students to try and encourage all to stay active for their physical and mental wellbeing:

- Make exercise a part of the daily routine. Whether it is before school or after school – set a time to do exercise and stick to it!
- Take a break between every lesson. It's important to get up and moving every hour. Use the 15minute break between lessons to walk around the house or around the block. Don't stay on your screens without a break between lessons.
- Do exercise that you find enjoyable. Find the sport or activity you like and make time to do it!
- Sit less! Try standing at your desk occasionally to do your work, instead of sitting all day.
- Set reminders for your exercise. You could set alarms or reminders on your phone – when you hear it, take a walk around your house!
- Try different activities: skipping, workouts, strength challenges, fitness tests, yoga, sports you haven't tried. There are plenty of exercises and physical activities out there for you to try.
- Try to do the daily Stella workouts that are emailed to you.
- Use the Stella physical activity ideas grid to get you started
- Take part in the different Stella physical activity challenges: like the Stella Lockdown Marathon!
- Make sure you complete the prac lessons in PDHPE
- Find a 'fitness buddy'. Meet up with one other person to go for a walk, run, swim, surf or bike ride
- Include some exercise every lunch time. Head to the oval with someone to kick a footy or pass a netball

Join Miss Cav and Ms Gonzalez doing some of the online sport training sessions that are on MS Teams!

Jenny Wickham, Head of Sport



Edstart Awards Finalists

Congratulations to Evalani Pouli Year 10 and Anabel Schiavone Year 11, finalists in this year's Edstart Awards. Evalani's submission is in the category of Social Impact and Anabel's is in Technology and Innovation. There are five finalists in each category and the winner will receive \$1500 towards bringing their submission to life!

The Edstart Achievement Awards Program acknowledges and rewards talented students from primary and secondary schools across Australia. Through this program, Edstart aims to support some of Australia's extraordinary young minds across a range of disciplines. It's a great opportunity for students to be recognised for their contributions and ambitions in an area that they are passionate about.

Careers: Getting the Most Out of Virtual Open Days



Some institutions may hold a Virtual Open Day which will be held in late July and August. However, you are more than welcome to contact an institution at any time for advice on courses.

How to make the best of Virtual Open Days

To make your Virtual Open Day activity fun and informative, here are some pointers:

- Write down a list of questions you would like to ask about particular courses – if they are not addressed during the virtual event, you can always follow up with the institutions later
- If the event allows Q & A, make sure you ask lots of questions!
- Enjoy the activity!

Not everyone can participate in every Virtual Open Day and various institutions are also holding their Virtual Open Days on the same date, so students are encouraged to register for as many as possible so that even if you miss one, you should receive notifications from the institutions.

Stella Careers Website

www.stellacareers.com

Please visit our very own Stella Careers Website for all your career needs. See our regular weekly newsletters and our big Term Newsletter Issues: Term 3 Newsletter up now!!!

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

Lisa Walsh, Careers & Pathways Advisor

What's New This Week?

Duke of Ed

I have a few important updates for the Bronze, Silver and Gold Duke of Edinburgh participants.

Unfortunately, all hikes will have to be postponed for August. The Beach-to-Beach charity fun run will now be held on Saturday 23rd of October. If you are involved in the Bronze, Silver or Gold award, please keep your fingers crossed and this weekend clear for a hike.

In the meantime, please make sure you are checking your Duke of Ed teams' site for details of how to have your individual components signed off over the next four weeks.

There has been some really good news for the Year 12 Gold participants that if you have finished four of your five components of your Gold award you are able to have your award signed off and are eligible to apply for your ATAR points for selected universities. Make sure you do this over the next four weeks.

Also, some excellent news for the Bronze girls who completed the first hike in May that we have been given approval to change this hike to your qualifying hike which will allow you to move onto Silver once all of your other components are signed off.

Whilst you are at home and have some spare time, I encourage you to continue with your service, skill and physical recreation award hours. Remember you can swap activities if your sport has been cancelled due to Covid and take up exercise online or log your weekly run or walk, you are also welcome to join Capes for Kids from home, get involved in the Stella Sleep Out or create your own clothing drive for community service. There are lots of people in need in the community who would love your help. If you are stuck for a skill maybe learn a new craft online or get involved in some home cooking or gardening.

As always your Duke of Edinburgh Prefect, Molly Crotty, Ms Rudolph and I are here to help you so please don't hesitate to reach out, no question is too silly.

Thanks everyone.

Linda Silburn, Duke of Ed Coordinator

Curriculum

There are lots of examples of online learning that has involved some real-time creativity!

Year 7 (Miss Cav's Technology) made bruschetta, Mr Foster's Year 7 PC had a breakfast competition adjudicated by Mr Cruise, Ms Stockburger's Year 8 PC had a Treasure Hunt Challenge. Some PC groups have introduced their pets to their PC sisters. Remote learning has been an excellent motivator to look at life with more creativity and a greater appreciation of having fun together!



Best hot breakfast: Hannah Rumble



Best cold breakfast: Holly Wickham



Enrolments

Do you have a daughter who has not yet started her Stella story? Do you know someone else thinking about enrolling their daughter? Stella is enrolling now for Year 7 2024. Now is the time to start the enrolment process!



**ENROLLING NOW
YEAR 7 2024**

**Enrolments open until
Monday 13th September 2021**

Start your *Stella* story today



inclusive
in respecting the
uniqueness of
each person

An *innovative*
creative and
collaborative
learner

Inspired
to create
a better
world

Reminders

New: Reminders

Don't let things fall off your 'To Do' list! In the spirit of continual improvement, we're always looking for ways to make our communications more efficient and clear. Along with Diary Dates, is a list of reminders a useful feature?

[Click here](#) to answer yes or no.

- 1. Next P&F Meeting** is Wednesday, 1st September at 7.30pm either in the Old Library or via Zoom. Set a reminder to hear Amy Smith and Kylie Andrew speaking about student wellbeing, Positive Education and acceptable use of mobile phones and technology.
- 2. Comedy for a Cause** Book tickets for comedyforacause.net/SMC Email pandf@stellamaris.nsw.edu.au if you have any questions.
- 3. Year 12 Mums:** Are you a former Stella Girl? Is your mother or grandmother? Send your name, maiden name and year you left Stella to donna_stimson@stellamaris.nsw.edu.au to be included in the Year 12 Graduation Week presentation.
- 4. Former Stella students join the Stella Maris Ex-students' Association (SMESA).** Email exstudents@stellamaris.nsw.edu.au with your full name and maiden name. The first issue of our SMESA bi-annual newsletter, IOGD, is coming out soon.
- 5. Stella Sleepout** Register your daughter or make a donation at <https://www.trybooking.com/au/donate/stellasleepoutathome>
- 6. Vinnies Winter Hamper Appeal and Northern Beaches Women's Shelter Drive** contributions. More details at the end of this newsletter.
- 7. Library 'Select and Collect'** loan service, among other things. More details on the next page.



Diary Dates

25 Aug	Body of Works Virtual (TBC)
1 Sept	P&F Meeting (Old Library or Zoom)
5 Sept	Happy Father's Day! ❤️
13 Sept	Year 12 Graduation Week
17 Sept	End of Term 3
4 Oct	Labour Day long weekend
5 Oct	Start of Term 4
12 Oct	HSC begins
15 Nov	Year 10 Advancement Program begins
1 Dec	Presentation Night
2 Dec	End of Term 4 for students (half day)

Comedy for a Cause
FRIDAY 19 NOVEMBER 2021
Doors: 7pm / Show: 8pm / No students
BOOK NOW! \$35
Featuring comedians from
Sydney & Melbourne International Comedy Festivals
comedyforacause.net/SMC
Star of The Sea Theatre
Stella Maris College,
52 Eurobin Ave,
Manly
BOOK ONLINE
In Support of:
Stella Maris College

Join SMESA

WE ARE SLEEPING OUT AT OUR HOMES THIS YEAR TO RAISE MONEY FOR THE GOOD SAM KINDER SCHOOL IN THE PHILIPPINES. VINNIES WINTER APPEAL & NBWS DRIVE

2021 ANNUAL SLEEP-OUT @HOME

1. SIGN UP / REGISTER FOR THE SLEEP-OUT @ HOME ON MOODLE & RAISE UP TO \$50 OR MORE!
2. MAKE YOUR REGISTRATION ENTRY PAYMENT & SUBSEQUENT SPONSORSHIP PLEDGE DONATIONS HERE.
<https://www.trybooking.com/au/donate/stellasleepoutathome>

Please register on Moodle

Art & Craft/Bake Sale

- This sale will be full of sweet treats & talented arts and crafts!
- those students and teachers who love to knit, crochet, paint, bake or be creative can donate items to be sold at the sale.
- We will send out free patterns and templates to support your ideas...

Crochet Bees
Knit your own slippers



Online tutoring

Are you confused with some online task/assessment ? Help is at hand!

- Book a tutor via email library_notices@stellamaris.nsw.edu.au or call the Library team to book a time on 9976 1840
- Times are between 3.20pm and 5.30pm
- The tutor will call you via MS Teams at the agreed time.

Monday

Rebecca Mackenzie = Tutor_01
My HSC subjects: Ancient History, Modern History, Biology, SOR and Advanced English
Also, Junior Science and Maths.

Ella McMahon = Tutor_02
My HSC subjects: English, Religion, Business, Design and Technology. Also, junior subjects English, RE, Geography, History.

Tuesday

Annabelle Gilbert = Tutor_03
My HSC subjects: Maths, Physics, Chemistry, 3 Unit Maths. Also, Junior Science and Junior Maths.

Annika Barton = Tutor_04
My HSC subjects: All levels English, History, Art, SOR, Legal Studies. Also, junior subjects: English, RE, Geography, History.

Wednesday

Jasmine Costello = Tutor_05
My HSC subjects: Advanced English, Standard Maths, Drama, Textiles, Technology. Also, Junior Maths and Science.

Holly Horswill = Tutor_06
My HSC subjects: Maths Advanced, English Advanced, Chemistry, Biology, SOR 2 Unit and Maths Ext. Also, junior subjects.

Thursday

Emma Dineen = Tutor_07
My HSC subjects: PDHPE, English, Maths, Science, Biology, Chemistry. Also, Junior Science and Maths.

Maggie Warner = Tutor_08
My HSC subjects: Modern and Ancient History, Advanced English, SOR 2 Unit, Drama. Also, junior subjects.

Ebooks and Audio

Online Ebooks and Audio books are available anywhere any time and linked to our Renaissance Reading program.

Log in on your laptop: <https://stella.wheelers.co/>

Sign in = firstname_surname

Password = Library1

Or

Download the Wheeler app to your smart phone and listen to a book - whilst taking your daily exercise perhaps!

Select and Collect

Neither rain nor sleet nor pandemic can stop our books getting through...

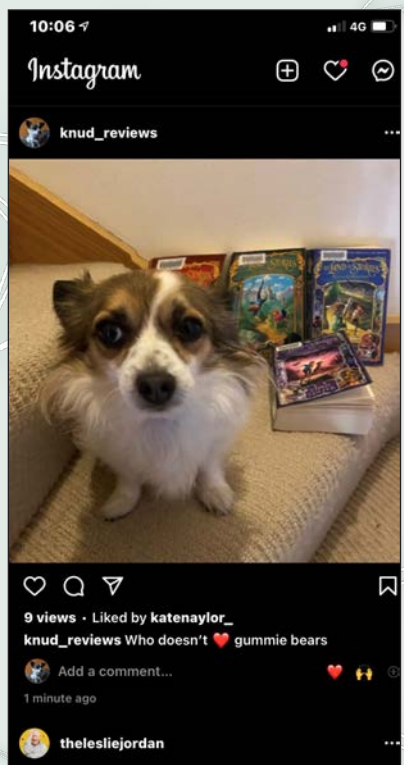
Remember this from 2020? Our contactless pickup service initiated during last year's lockdown, is being offered once again.

1. Find what you want in our catalogue: <https://search.follettsoftware.com/metasearch/ui/121205>
2. Email your request to library_notices@stellamaris.nsw.edu.au or call on 9976 1840. Let us know when you would like to pick them up.
3. We'll have them ready for you to pick up from the Eurobin Avenue Scholastica entrance.



Instagram knud_reviews

Share our four legged friend book recommendations. (Ask parental permission) and follow knud_reviews on Insta. Knud is a pup who just loves to read! This week's obsession? The Land of Stories by Chris Colfer.



Stella Sleepout

WE ARE SLEEPING OUT AT OUR HOMES THIS YEAR TO RAISE MONEY FOR THE GOOD SAM KINDER SCHOOL IN THE PHILIPPINES, VINNIES WINTER APPEAL & NBWS DRIVE

2021 ANNUAL SLEEPOUT @HOME

Who is our neighbour?

1. SIGN UP/ REGISTER FOR THE SLEEP OUT @ HOME ON MOODLE & RAISE UP TO \$50 OR MORE!
2. MAKE YOUR **REGISTRATION ENTRY PAYMENT** & SUBSEQUENT **SPONSORSHIP PLEDGE DONATIONS** HERE:

Please register on Moodle

<https://www.trybooking.com/au/donate/stellasleepoutathome>

Information about the SleepOut @Home

*We are running the **Stella SleepOut @Home** this year **Friday 27th August (week 7)** to empathise with rough sleepers and raise money for the Vinnies Winter Appeal, Northern Beaches Women's Shelter & the Kinder School in the Philippines*

\$100 CAN PROVIDE FOOD FOR 1 STUDENT @ THE KINDER SCHOOL FOR A WHOLE YEAR

THANK YOU!!!!

In our Stella Year of Peace & Justice

We are sleeping out @home to empathise with rough sleepers in Australia & abroad

We are fundraising for the Good Samaritan ministry of the Bacolod Kinder School in the Philippines.

This ministry provides sustainable support for these vulnerable children who are impoverished. The feeding program set up by the Sisters enables the children to have a nutritious meal and milk

We encourage students to start asking people to sponsor them for the SleepOut @ Home

WHO ARE THE KINDER SCHOOL FROM BACOLOD?

MAKE A DONATION

Information about the SleepOut @Home

- This is a voluntary event for only Stella students
- You will need to register on Moodle. **By registering you are committed to raising the minimum of \$50 with your initial entry fee.**
- You are required to raise sponsorship for the event

Without justice there can be no peace

HERE ARE SOME IDEAS FOR WHAT THIS EVENT MAY LOOK LIKE @HOME...

Post Pics to the Live Stream in Teams 7.30 to 9.30

IDEA 1

Have a backyard campfire / fire pit & chat about the issues facing people doing it tough

IDEA 2

Pitch a tent / sleepout on your trampoline or in your garage for part of or for the WHOLE night

IDEA 3

Tune into the TEAMS LIVE STREAM for fun games / trivia / dance off's/ shared stories photos & posts

IDEA 4

Sit outside in your garden on some newspaper / cardboard for a part of the night & chat about the experience

IDEA 5

Have some hot soup / hot chocs/ toasted marshmallows/ Smore's & chat about the experience

Winter Appeal

The Northern Beaches Women's Shelter supports homeless women and their children, allowing them to rebuild their lives.

The Shelter accommodates women in domestic violence situations, financial hardship and those struggling with mental health and drug/alcohol addiction.



The Vinnies Winter Appeal

Aims to break down the cycle of poverty that contributes to homelessness

ANSWERING TOUGH QUESTIONS:



When someone doesn't have a home, they have no place to sleep, eat or to permanently keep their belongings



Not everyone has friends or family who can help them right now, so they have to find different places to sleep each night.



Not everyone has enough money to own or rent a home, because these things are very expensive. They might not be able to work right now, or maybe their job doesn't pay them enough money for them to afford a house.

**Join our Stella community
in supporting the most
vulnerable**

These items will be packed into Care Packs for people doing it tough in our community

**Please hold onto your
items at home until
Lockdown is over.**

year 8

Care Pack Bags:

eg: canvas shopping bags / suitcases/ back packs (pre-loved is ok but in good condition)

year 9

Wellbeing items:

eg: deodorant / lipgloss / handcream

year 10

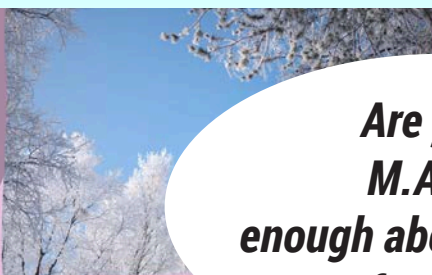
Sanitary products or Hygiene products

year 11 and 12

Nappy pack / formula tin / or item of warm clothing (scarf, mittens, slippers, socks)

The Bake / Art & Craft Mini Market will happen once we have returned to school...

- **MAD** have been working hard creating beanies for the homeless.
- To create a stronger impact Stella will be **holding a Bake & Art/Craft sale** to raise funds for those doing it tough this winter.
- Money raised, donated items & the MAD beanies will go into care packs to be distributed to the women's shelter & Vinnies Winter Appeal



**Are you
M.A.D.
enough about justice
for all?**

Art & Craft/Bake Sale

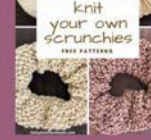
- This sale will be full of sweet treats & talented arts and crafts!
- those students and teachers who love to knit, crochet, paint, bake or be creative can donate items to be sold at the sale.
- We will send out free patterns and templates to support your ideas ...



Crochet Bee
Free Crochet Patterns



Crochet Bee Pattern



Our Local Community

Advertising Policy: The College newsletter is usually not open to advertising for commercial businesses; however, at this point in time we are supporting our Stella families in any way we can. If you are a business owned and operated by a Stella family feel free to send your advertisement to administration@stellamaris.nsw.edu.au. Under normal circumstances, we are sure you understand the practical nature of our decision not to accept advertising. 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.

Sydney Harbour Kayaks

Stella Paddlers

All Stella families are invited to come down and rent a kayak with us (for 'fitness' of course!)

Paddle with us in a double deluxe sea-kayak for 2 hours
Usual price \$90.00 but...

Stella Family Price for August \$50.00

Save another \$25.00 with your NSW 'Discover Voucher'

Bookings are a must: 02 9969 4590
Location: The Spit Bridge, Mosman.

Picaluna™

Beautiful Funerals

Helping community honour, mourn, celebrate, heal and rejuvenate



Amanda brings a friendly, compassionate and caring nature to her role as funeral director and celebrant.

For more information call
Amanda Bisset on 0416 009 129

picaluna.com

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Support our
Stella Families!

#gettingthroughcovidtogether



Beautiful, personalised
memory and activity boxes,
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for today, while remembering their past.

collectivememories.com.au/

Become a
Dementia
Friend

dementiafriendly.org.au



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RANGE**



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