



1931 - 2021

STELLA MARIS NEWSLETTER

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

Term 3 Issue 05

13 August 2021



Prayer for those who care for the sick during this pandemic

God of mercies, we thank you for all who care for the sick.

When they diagnose, give them patience.

When they protect the vulnerable, give them your protection.

When they work to heal, give them strength.

When they comfort, give them consolation.

When they are tired, give them rest.

When they are discouraged, bring them your hope.

May we welcome and respect them as we support one another.

Sydneycatholic.org



Stella Maris acknowledges and thanks the many College alumnae and current Stella family members working in our frontlines - the doctors, nurses, allied healthcare workers and other essential workers - all giving their best to keep us safe and keep our community functioning. Thank you for your commitment and service to your community.

National Day of Prayer in this Time of Pandemic – Sunday 22 August

An ecumenical National Day of Prayer has been organised for Sunday 22 August, calling Australia to come together in prayer in light of the current COVID-19 crisis.

The theme is 'Lord have mercy', as we make this verse from Ps.123.2 our own: "Our eyes look to the Lord our God till He shows us His mercy".

A Prayer Call on Zoom, from 9am to 9pm on Sunday 22 August, will feature Church leaders and Indigenous Christian Leaders. Participants can join for as long as they wish.

In addition, daily prayers will be offered in the week prior, from 16 August.

For more information and to register, please visit: <http://www.nationaldayofprayer.org.au/LordHaveMercy/>

Dear Stella Community

Our Olympians

Bronte Halligan (Water Polo) played in the final match of the Stinger's Tokyo 2020 campaign. The Australians won 14-7 against the Netherlands. This means their final place in the competition was fifth. Well done to Bronte and the team.

Congratulations

Congratulations to Olivia Layton who has been short-listed for the *Mosman Youth Awards in Literature*. The final place-getters will be decided by Mosman Library on Wednesday 25 August at 6.00pm.

Northern Beaches Council have announced the winners of the *Young Writers' Competition*. Phoebe O'Brien's story, *Washerwoman*, was Highly Commended, with author Jane Burke (CJ Burke) commenting that Phoebe's language was authentic and the thematic imagery gave a circular path to the writing. Phoebe was commended for the richness of the images that allowed Jane to see in vibrant colour. See the [awards ceremony](#) and hear Jane's feedback.

Week 5

We move into week 5 of the term with students and teachers working from home. Assistant Principal, Louise Yeates is consulting with the Heads of Department, planning Trial HSC assessments to be completed from home. We know the girls are studying hard to prepare themselves for the HSC examinations in Term 4 and we will continue to support them to achieve their personal best.

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 budget is set in September, we need to ensure 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 on 17th September.

Elizabeth Carnegie, Principal

Bronte Halligan **WATER POLO**



We wanted to do it for our teammates retiring, we wanted to do it for Australia, we wanted to inspire the other kids sitting at home watching us knowing that we didn't do what we wanted to do in the Olympic Games but we can come out on top at the end... it's a really good feeling.



What's New This Week?

Keeping Active

While everyone is learning from home many of us are spending a lot of time in front of our screens. We encourage the students to try and get out for some physical activity every day.

Students have been sent different ideas to include some different physical activities into their day. We are also commencing the "STELLA LOCKDOWN MARATHON" next week.

Stella Lockdown Marathon

This is a Stella House Cup Challenge. Students are encouraged to take part in completing their own 42.2km marathon! The marathon does not need to be completed in one day – students may walk or run as much or as little as they like each day until they have completed the full 42.2km. The challenge is to hit the 42.2km finish line in 2 weeks!

The Challenge will commence on Monday 16th August. Students should try to complete the marathon in two weeks – by Monday 30th August. A km tally sheet will be sent to all students on Monday. Students will simply mark off each km as they complete them until they reach the 42.2km finish line!

House points are awarded to all students who finish to go towards the Stella House Cup. Prizes will also go to the PC classes with the highest rates of participation and to the first students to finish.

Stella Olympic Challenges

There were some amazing entries in all of the Stella Olympic challenge! Congratulations to all of our winners. (See all the challenges and winners at the end of this newsletter.) Keep an eye out for some more challenges when the Paralympics commence!

Jenny Wickham, Head of Sport

Please Read

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

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 you feel your financial situation has or will change 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.

EdStart

As the duration of the pandemic is uncertain, another option to families is considering funding your school fees via Edstart.

Edstart provide extended tailored payment plans for approved applicants, where school fee payments may be spread beyond the current school year, and beyond Year 12, to assist with any cash flow issues you may be dealing with.

Feedback from other Stella families using this facility is that the application process is straight forward.

Disclaimer: Stella Maris College do not provide any recommendations, brokering or advice services, nor do we receive referral fees, commissions or other remuneration from Edstart.

Please visit the [Edstart website](#)



Wellbeing Resources

The counselling team continues to provide support to all students during this challenging time. Referrals can be made by staff, parents and the students themselves. We often find parents are looking for reliable information about supporting their teens, and the Wellbeing Hub (via the Parent Hub) in SEQTA Engage is a great place to start. The page is updated regularly and currently you will find resources covering:

- School documents, including our Confidential Counselling Referral Form
- Eating Disorders
- Coping and Resilience
- Mental Health
- Parenting
- School Anxiety and Performance
- Sleep
- Transition
- Trauma

While you are here, I would like to draw your attention to a recent article I came across (please see below). Now, more than ever, we need to be on the lookout for significant changes in mood in our young people. If you feel your daughter needs additional support, please feel free to complete the Confidential Counselling Referral Form. Your GP is also a crucial contact, who can offer support and guidance on all mental health issues.

Online Resources

[Mood Disorders and Teenage Girls](#)

[E-safety](#)

[Maggie Dent masterclass \(cost \\$30\)](#)

[Manly, NSW Parent and Carer mental health education session – 19 August](#)

[Webinar: E-Cigarettes and Vaping- What you need to know](#)

*Kylie Andrew
Head of Counselling*

Careers



Job of the Week: SEO Specialist

What do SEO Specialists do? Search Engine Optimisation (SEO) Specialists are experts who create and analyse online content to help a business get the most

out of their advertising and marketing. They help businesses get discovered by customers online by using tools and skills to target the right audience.

If you love doing online searches, have a passion for marketing and can think analytically, becoming an SEO Specialist could be perfect for you.

[How to become an SEO Specialist](#)
[SEO Specialist Spotlight \(Youtube\)](#)

Stella Careers Website

Please visit our very own [Stella Careers Website](#) for all your career needs. See our regular weekly newsletters and our big Term Newsletter issues [HERE](#)

Lisa Walsh, Careers & Pathways Advisor

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



Edstart Awards Winner!

Evalani Pouli, Year 10, has been awarded a \$1500 grant from Edstart for her Social Impact project. Annabel Schiavone has also received \$250 to help her with her Technology and Innovation project.

Evalani's Project

After visiting my Dad's village Talafo'ou, Tonga in 2014 it became clear to me that there was a lack of both sanitation and hygiene products available for the community, especially women and young girls. Periods are hard enough and it's even harder for them as they can't access what they need.

The Talafo'ou project aims to provide young girls and women in the village with the essential sanitary items they need for day-to-day life. It also aims to begin open discussion about periods in the community without shame as traditionally it isn't really spoken about. I want to help around 150 girls by sending them 3 packs of pads each and 1 pair of period proof underwear. If I can get an affordable wholesaler, I will focus on purchasing more period pants as they are a more sustainable option as rubbish disposable on the small island isn't efficient or environmentally friendly.

If my project is successful and helps the girls most in need, I plan to both extend it to other villages as well as sending products over to Tonga more frequently as COVID-19 has had a massive impact on their access to outside products. With a population of less than 110,000, I have a real chance of making a positive change in the community and provide to as many girls as possible.

We are so proud of Evalani's commitment to a wide range of social justice issues and always impressed with her willingness to act on and lead others in that commitment.

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.



Tonga 2014

Yr 8 Spanish Made Churros!



Remote Learning Top 5

We've been listening to our students and staff and here are our current 'Top 5 Outcomes of Remote Learning'.

1. Students develop their independent learning skills: submitting work every lesson for teacher feedback, gaining the confidence to explore
2. Teachers are adaptable innovators: Live streaming science experiments from their kitchens, reconfiguring practical work to utilise household materials – creatively solving problems
3. Classes engage with the latest technology: Using online break out rooms so group work and collaborative learning can continue to flourish
4. Students stay connected: First thing in the morning "bring your pet to the camera" in Pastoral Care, fortnightly Year meetings with local and global updates, and Kahoot quizzes to keep the girls thinking
5. Students get active: Just Dance is a hit! So too are the daily Olympic-themed challenges the girls participated in.

Enjoy these images of our Olympics Challenges and the recent Year 8 Maths Treasure Hunt...

You need to take a picture of yourself with each of the following things, in other words, yes, you have to be in the picture!!!:

- A red car
- A life animal (any could be an insect ☺)
- Make a face out of fruit
- A selfie with a family member looking surprised
- A purple flower
- A photo of you upside down.
- A bumper sticker
- A street sign with a letter Q on it
- Something loud
- Something that starts with the first letter of your name

A selfie with a family member looking surprised



Something loud



Something starting with the first letter of my name



A Purple Flower



A Red Car



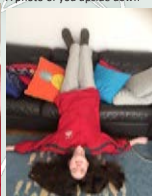
Make a face out of fruit



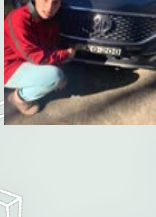
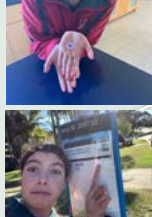
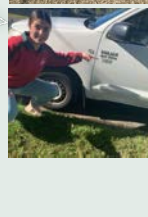
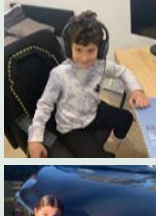
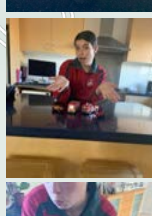
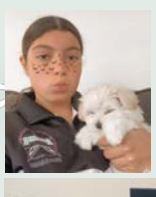
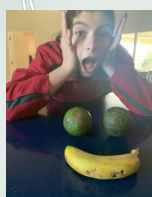
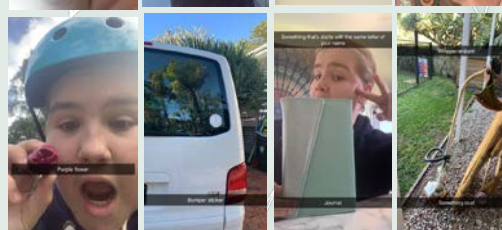
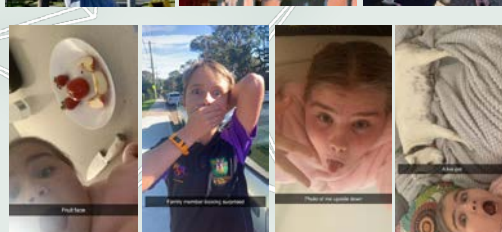
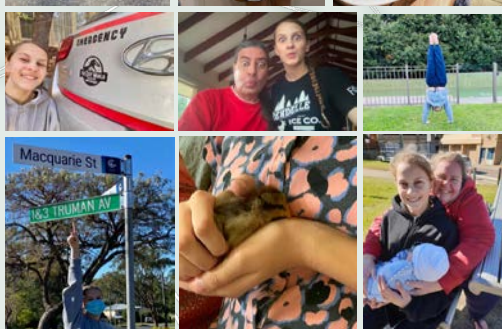
A live animal



A photo of you upside down



A bumper sticker



What's New This Week?

MEDAL TALLY GUESSING COMPETITION



We had a number of people very close to the correct number: so well done to the following who were very close to the correct Aussie medal tally!

SILVER:
HANNAH GRAHAM
MS S. MOLLOY

GOLD:
SACHA COADY
ZARA DURKIN
CHARLOTTE SMERDON

BRONZE:
SCARLETT PERRY
MR LATHAM



Congratulations to everyone who participated in our Olympic Challenges and special shout out to our winners!

COOKING CHALLENGE:

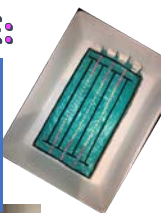


WINNERS:

GOLD: OLIVIA BANDUR AND
SIENNA O'CONNOR

SILVER: ABBIE MCNALLY

BRONZE: JESS OAKHILL



HIGHLY COMMENDED:
Katie Edgton
Maisie Smit



Artwork Challenge



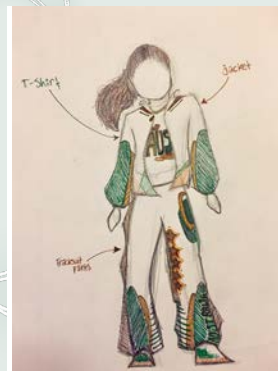
WINNERS:
GOLD: Sanna Mitchell
SILVER: Jamaya Filby
BRONZE: Tilda Brownlow and
Zuri Wala
Highly Commended: Amelie
Carter, Maisie Smit, Grace Hill,
Belle Churchus



DESIGN AN AUSTRALIAN OLYMPIC UNIFORM:

WINNER: ZURI WALA

HIGHLY COMMENDED:
LILY HAY



OLYMPIC PHYSICAL CHALLENGES WINNERS



Bat and Ball:
Hannah Graham

Wall Sit:
Belle Churchus

Soccer Juggling:
Alexis Harvey

Paper Plane:
Belle Churchus

Juggling:
Audrey Hassan

MYSTERY STEPPER COMPETITION:

WEEK ONE:
THE MYSTERY STEPPER
WAS:

MR TONIC

STUDENT WITH CLOSEST
NUMBER OF STEPS WAS:

ALEXANDRA

MYSTERY STEPPER WEEK 2:

THE MYSTERY STEPPER
WAS:

MS BULMAN

STUDENT WITH CLOSEST
NUMBER OF STEPS WAS:

JAMAYA FILBY

**OVERALL MYSTERY STEPPER
WINNER
(BOTH WEEKS COMBINED):**

**OUR 2 WEEK COMBINED MYSTERY
STEPPER WAS:**

Ms McCutcheon

STUDENT WITH CLOSEST NUMBER
OF STEPS WAS:

Sally Hodgson

These are the PowerPoint slides to announce the winners in PC. Well done everyone!

PHOTO CHALLENGE:



JOINT GOLD MEDAL WINNERS:
MACEY TOWNSEND AND HANNAH GRAHAM

Reminders

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 SLEEPOUT @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 ...

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



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...

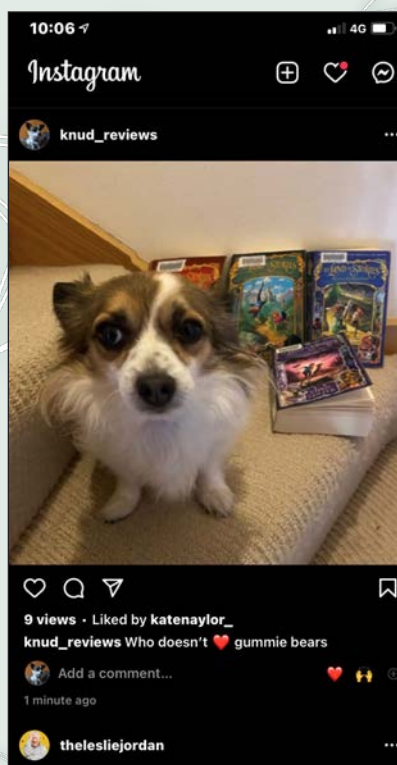
Remember this from 2020? Our contactless pickup service initiated during last year's lockdown, is being offered once again.

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 Illuka Avenue Main Reception 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

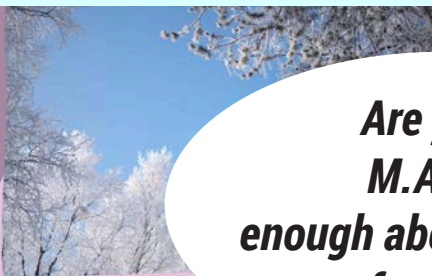
Sanitary products or Hygiene products

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

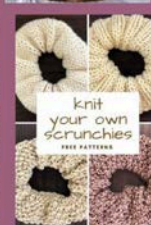
- This sale will be full of sweet treats & talented arts and crafts!
- those students and teachers who love to knit, crochet, paint, bake or be creative can donate items to be sold at the sale.
- We will send out free patterns and templates to support your ideas ...



Crochet Bee
Free Crochet Patterns



Crochet Bee Pattern



knit
your own
scrunchies
FREE PATTERNS



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.



Beautiful, personalised memory and activity boxes, designed to help older Australians live for today, while remembering their past.

collectivememories.com.au/

Become a Dementia Friend

dementiafriendly.org.au



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

PICALUNA FUNERALS DONATES 5% OF OUR PROFITS TO CHARITY OF YOUR CHOICE

TOPARGEЕ

RV, CARAVAN & MARINE ACCESSORIES

ADVENTURE RANGE

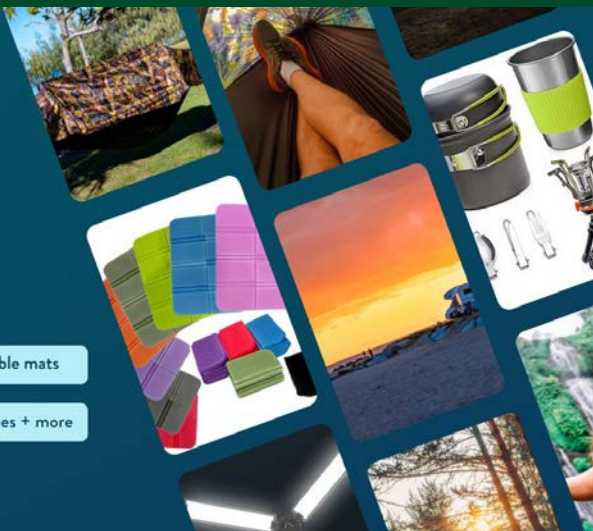


Camping kits, Hiking hammock, Foldable mats



Headlamps, Portable cooking accessories + more

Buy Online Now




Our Local Community

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

www.heidihome.com.au

Full flyer



200-350 hrs

Hi, I am **Heidi Horne** and I was once a yoga student like you, later a teacher and now many years later a yoga teacher trainer.

As a Senior Level 3 teacher, I have created 200 and 350 hour yoga teacher training programs Yoga Australia approved and recognised. Combining the best of an online program that fits with your lifestyle, and personalised training with webinars and interaction with your online yoga family.



I am excited for my upcoming LIMITED GROUP LAUNCH starting on 25th October. Doors close for this on 15th October and it is highly discounted.

Limited spots, so get in quick. Get ready for the journey of a lifetime!

Time to live your dream of being a Yoga Australia certified teacher.


Why Train with Heidi Horne

- ✓ Learn at your own pace (even sit in your PJs) in your own home. fit in with your lifestyle, family, and current commitments.
- ✓ Join the community with regular contact with Heidi and the other students (monthly live webinars and breakout group training)
- ✓ Other students will be your new tribe. Go on the journey together, build a community, and meaningful connections to support each other.
- ✓ Be Yoga Australia Level 1 (350hours) or provisional (200hours). PLUS able to get insurance and teach classes straight away
- ✓ Be a knowledgeable and diverse teacher, capable and confident to deliver a world-class standard yoga class
- ✓ Can't do the perfect dancer pose? Start at any age and yoga ability - from 18-80 (Minimum 1-year practice)
- ✓ Spaces are limited for personalised attention in this last group class for 2021
- ✓ Heidi Horne Yoga teacher training has the reputation for excellence and experience



**Level 3 Yoga Australia
Approved Senior Teacher**

Book a call with HEIDI

 **DOORS CLOSE 15th OCT**
Limited Group Launch starts 25th Oct
Prices increase after this date

**Support our
Stella Families!**
#gettingthroughcovidtogether

Stella is running a Lockdown Marathon!
**This is a house challenge – complete the marathon to
help your house (and PC class) win!**

While we are stuck in lockdown – we can still
get out and exercise. There has never been a
better time to go out for a run or walk !

Imagine competing a full marathon – that is 42.2km!
**Here is your chance! Over a two week block, try to
run or walk every day. Record your kms on the tally
sheet every time you exercise. See if you can get to
the finish line – 42km - over the two weeks!**
**GET TO THE FINISH LINE AND YOU HAVE COMPLETED
THE MARATHON!**



This is a HOUSE CUP CHALLENGE!