



1931 - 2021

STELLA MARIS NEWSLETTER

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www.stellamaris.nsw.edu.au

Term 3 Issue 06

20 August 2021



Prayer for the people of Afghanistan

All-loving God,

Your hands have fashioned every lovely corner of this treasured planet, and the beautiful land of Afghanistan is as precious as every other place Your children call 'home'.

We grieve today with those who grieve over Afghanistan, the people who call it home indeed, the people exiled or suddenly having to leave, and the men and women from other countries who have made sacrifices in recent years in the cause of that country's future.

We remember with renewed sadness the loss of lives of military personnel during the years of this country's involvement in Afghanistan, conscious of the questions that must today be troubling the minds of those in our community who were bereaved, those who were wounded on operations, and those who were forever changed by experiences suffered there.

We pray for peace, dignity, freedom and confidence for the men, women and children of Afghanistan; for courage, vision and generosity within the international community responding to such need; and for tranquillity of mind amongst our own Service community and its wider family.

In the name of Jesus Christ, the peace-giver, we pray, AMEN.

<https://churchofscotland.org.uk/news-and-events/news/2021/articles/a-prayer-for-afghanistan>

Thank you!

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.

Dear Stella Community

Future Problem Solvers

On Wednesday, Stella students competed in the Future Problem Solvers competition. Thank you to Jessica*, CJ Ward, Talia Hogan and Catherine Barton from Year 8 and Sami Winter, Bella Hyndman, Jemma Kalms and Audrey Ray from Year 9 for stepping up. The competition provides the team with a scenario and students need to work together to provide solutions and an action plan to solve what they believe is the central problem. Thank you to Cath Douglas and Karen Dennison for coaching the teams in preparation for the event.

Year 12 Trials

Our Year 12 students commenced HSC Trial Tasks this week. By Thursday, all students were involved as English assessments were scheduled for that day. Over the next two and a half weeks the girls are engaged in tasks set and supervised by their class teachers with assistance from the IT technicians and the ILT teachers. I thank Mrs Yeates and her teaching and learning team as well as Mr Foster for the provision of a safe, online examination space for the students and staff.

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

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/>

What's New This Week?

Lockdown Marathon

Well done to the huge number of students and staff who have taken on the challenge of completing the Stella Lockdown Marathon! There are so many members of the Stella community who are walking or running around the local area and crossing off the kms to reach the final goal of 42.2km!

We already have one student who completed the challenge in just 4 days! Congratulations to Katy Hodges (Year 9) who has already covered the 42.2km. Katy is now working towards completing it again before the challenge is finished!

There is still plenty of time to get to the finish line before the challenge is over. There are still 10 more days to complete the 42.2km. If you haven't started, you can still manage to do an average of 4km a day and reach the finish line!

The Lockdown Marathon finishes on Monday 30th August! Students should email their completed tally sheet to Mrs Jenny Wickham by this date.

There will be more challenges for the students to complete throughout the term. The next challenge will be sent after the completion of the lockdown marathon.

Stella Sporting Memories

While we are unable to currently play sport together in our school teams, we can look forward to the many opportunities we will have to play sport together again when school returns. Here are some great memories of some of our sporting activities from this year to keep you motivated for all of the great Stella sporting adventures that will return again!

Jenny Wickham, Head of Sport

Fees Help Update

Thank you to those families who have paid their third instalment.

The College understands that the pandemic has brought with it unexpected hardships for many of our families. We kindly urge you to contact the Finance Office if you have any concerns about school fees now or in the future.

There are options so please email fees@stellamaris.nsw.edu.au and we will contact you to talk about how we can best support you during this time.

One option that we have had very good feedback about from some Stella families is [Edstart](#), with some families even using it to manage payments across multiple schools. There is a flyer on the last page of this newsletter.

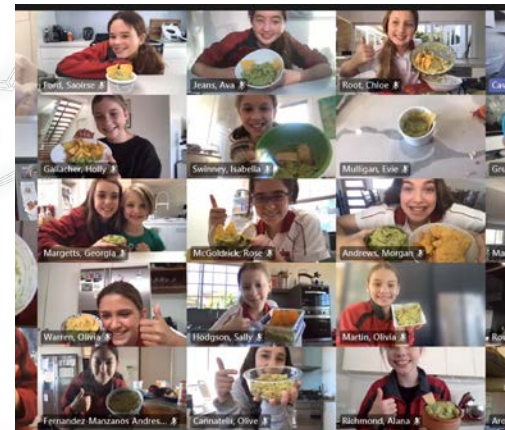
Again, please don't hesitate to contact us with any questions or concerns you may have.

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.



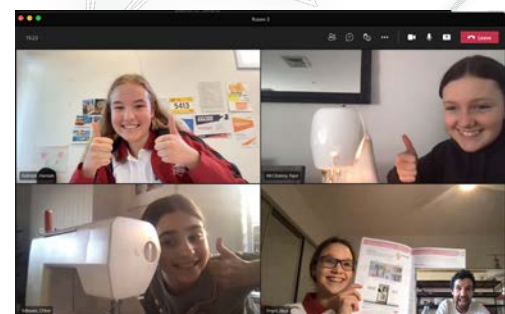
Year 7 Food Technology

On this week's menu in Year 7 Food Tech is guacomole! Healthy and delicious. Get in our bellies!!



Year 8 Technology

Breakout rooms on a Teams Year 8 Tech Class. The girls seem to have fun with their classmates in these small groups. And its always a joy when you visit the rooms to see they are on task!



Careers

Job of the Week: Interior Designer



What do Interior Designers do?

Interior Designers plan, design and coordinate the creation or renovation of spaces to live or work in.

Incorporating individual clients' tastes, as well as functional purpose, into their designs (and budgets). Using elements of design, decoration, safety, traffic flow, building structure, building codes, ergonomics, spatial concepts, and psychology to complete a project.

How do you become an Interior Designer?

Click [HERE](#) to learn more about this job and pathways to get there.

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](#)

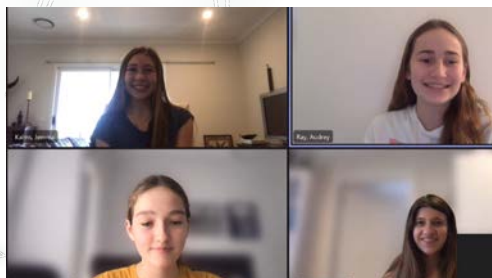
Lisa Walsh, Careers & Pathways Advisor

Future Problem Solvers

This week, eight Stella students participated in a 'Future Problem Solvers' competition. In the competition, they had to solve problems in a future scene in a 2-hour time slot. They were competing against other schools from all-over Australia.

The competition involved the students being given a scenario set 40 years in the future. The girls needed to analyse the scene for problems relating to human environmental impact. They had to provide solutions and an action plan to solve what they saw as the main underlying problem. They needed to apply feasible and realistic solutions to these future problems. Extra points are awarded to students if they submit creative but plausible solutions. The students have been researching human environmental impact to improve their knowledge and understanding of potential future problems in this area.

Congratulations to the Year 8 Team: Jessica*, CJ Ward, Talia Hogan, Catherine Barton, and to the Year 9 Team: Sami Winter, Bella Hyndman, Jemma Kalms, Audrey Ray.



What's New This Week?

Science Week

Over the past five days the girls have been invited to perform some simple experiments at home to celebrate Science Week. Each photo or video submitted earned House points for the entrant.

The experiments for the week were:

- Composting
- Dying Fabric with Avocado Seeds
- Regrowing your Greens
- Crazy colour changing milk
- pH indicator
- Make a Rainbow
- Extracting DNA from Strawberries
- Force balancing sculptures
- Invisible ink
- Making music with wine glasses (and how to annoy your parents)
- Homemade playdough
- Making honeycomb
- Skittles Rainbow

Lily is the Voice!

We are proud to announce that Stella's own Miss Lily Bergqvist in Year 9 will be performing on the Voice on Monday Night!

Make sure you tune in to the Voice on Channel 7 at 7.30pm on Monday 23rd August to hear the fabulous Lily perform.

So exciting! We can't wait to hear you, Lily.



Regrowing your greens - a leek



Homemade Playdough

Education Perfect

The 2021 Education Perfect Science Championships have begun. Last year we were one of the highest participating schools in this global competition. By getting online and answering questions students earn points for our school and there are gift card prizes for high achievers. Get answering! Looking forward to matching last year's outstanding results.



Making music



Colour-changing milk

Can you solve this cryptic Science-related clue?
New actions a mistake for
reaction law maker (5, 6)



Invisible ink

Reminders

Don't let things fall off your 'To Do' list!

- 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. 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.
- 3. Stella Sleepout** Register your daughter or make a donation at <https://www.trybooking.com/au/donate/stellasleepoutathome>
- 4. Vinnies Winter Hamper Appeal and Northern Beaches Women's Shelter Drive** contributions. More details at the end of this newsletter.

Diary Dates

- | | |
|---------|---------------------------------------|
| 1 Sept | P&F Meeting (Old Library or Zoom) |
| 5 Sept | Happy Father's Day! ❤️ |
| 10 Sept | Body of Works Virtual (TBC) |
| 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) |



[CLICK HERE](#)

Join SMESA

Get on our mailing list for your copy of IOGD - our Stella Maris Ex-students' Association bi-annual zine.

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



Comedy for a Cause

FRIDAY 19 NOVEMBER 2021

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

Featuring comedians from
Sydney & Melbourne
International
Comedy Festivals

comedyforacause.net/SMC

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

BOOK NOW!
\$35



In Support of:
**Stella Maris
College**

Resourcing Parents

There is a Parenting Program to navigate the way ahead through smooth seas or choppy waters.

For Parents

Build your understanding of children's development.

Find a parenting program near you.

For Professionals

Add your parenting programs, find training and connect with other parenting educators.

Tuning Into Teens

There are a few online Tuning into Teens programs coming up soon.

[Find more information here](#)

Speak to someone

Would you like to talk to someone about parenting?

FREE WEBINARS FOR PARENTS – SUPPORT HEALTHY BODY IMAGE IN YOUR CHILD

01 SEPT 2021 (FREE)

7PM – 8.15PM

VIA ZOOM

Live – No recording
available

[BOOK NOW](#)



LET'S TALK BODY CONFIDENT CHILDREN AND TEENS

Delivered by Butterfly Foundation, this webinar for carers of primary and secondary age children provides practical tips to help you better understand and promote positive body image in the home and healthy eating and exercise behaviours. **Learn about:** the power of positive role modelling; reducing toxic body talk; developing resilience to social media pressures; and what to do if you are concerned. For a full session outline visit: www.butterfly.org.au



09 SEPT 2021 (FREE)

7PM – 8.15PM

VIA ZOOM

Live – No recording
available

[BOOK NOW](#)

LET'S TALK BODY IMAGE IN BOYS

For parents/carers of pre-teen and adolescent boys this webinar explores the challenges young males are facing and practical strategies to support the development of a healthy body image in boys. **Learn about:** the common concerns for boys and who is at higher risk; how stereotypes, social media and the sport and fitness industry drive appearance pressures; common signs that training, exercise and eating may be problematic; and what to do if you are concerned.

Links not working? Copy and paste into your browser:
<https://events.butterfly.org.au/portal>

These webinars are offered as part of Butterfly's BodyKind Families initiative designed to help parents support their teen's body image. Register for either webinar and gain automatic access to additional BodyKind Families resources – videos, factsheets, family activities and audio materials. For more information: www.butterfly.org.au/bodykindfamilies

Contact:

E: education@butterfly.org.au

T: 02 8456 3908

www.butterfly.org.au

nib foundation

Butterfly
LET'S TALK eating disorders

Stella Sleepout



Stella's Sleep Out @ Home
next Friday 27th August 7.30pm til 9.30pm

Join the competition to see how many animals you can spot in your backyard & within your locked down neighbourhood

- Tawny Frogmouths/ Powerful Owls?
- Flying Foxes?
- Boobooks?
- Brush Tail & Ring Tail Possums?

Send in your pics/ upload them into our TEAMS live stream and chat – **prizes are to be won**

REGISTER HERE TODAY

All proceeds are going to the Bacolod Kinder School, Vinnies Winter Appeal & NBWS

Who is our neighbour?



SLEEPOUT @ HOME

OH! THAT'S NEXT FRIDAY!

27th August Friday

7.30pm to 9.30pm

Register Here Today

*In our Stella
Year of
Peace & Justice*

[**MAKE A DONATION**](#)

*Without justice there
can be no peace*

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

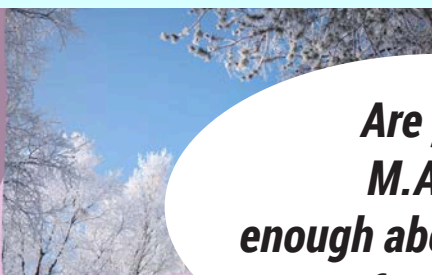
Sanitary products or Hygiene products

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

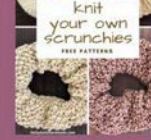
- This sale will be full of sweet treats & talented arts and crafts!
- those students and teachers who love to knit, crochet, paint, bake or be creative can donate items to be sold at the sale.
- We will send out free patterns and templates to support your ideas ...



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

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

Support our Stella Families!

#gettingthroughcovidtogether



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



TOPARGEЕ

RV, CARAVAN & MARINE ACCESSORIES

ADVENTURE RANGE

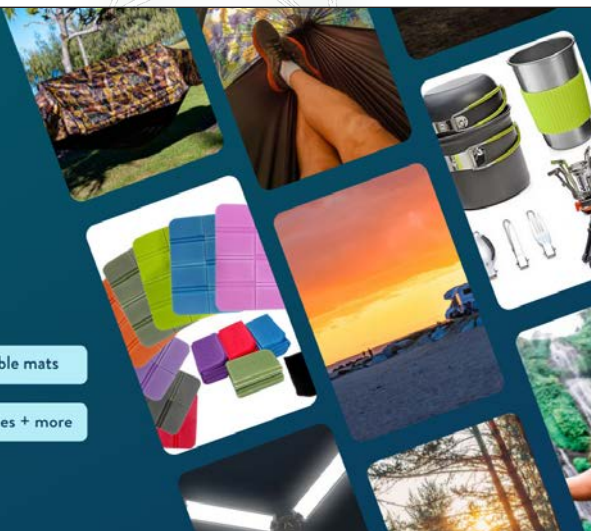


Camping kits, Hiking hammock, Foldable mats



Headlamps, Portable cooking accessories + more

Buy Online Now

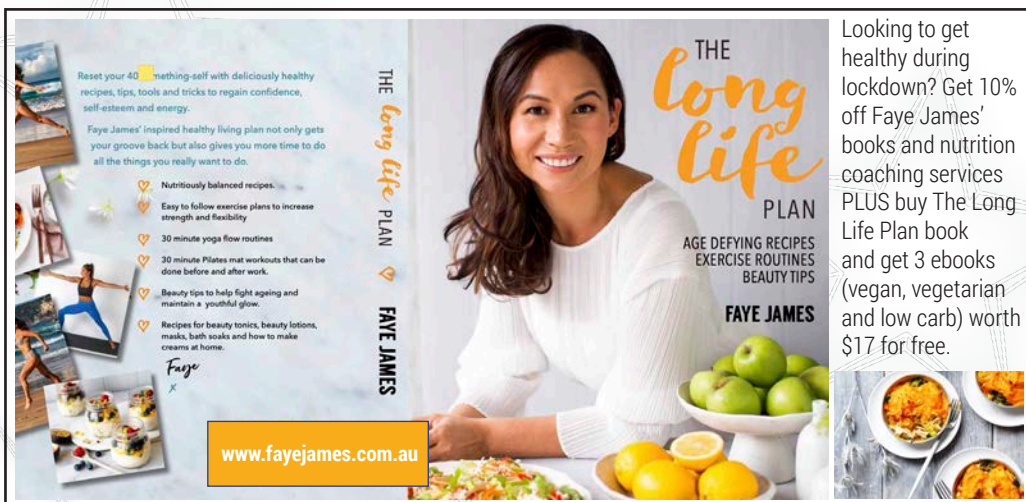


Our Local Community

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



Reset your 40 something-self with deliciously healthy recipes, tips, tools and tricks to regain confidence, self-esteem and energy.

Faye James' inspired healthy living plan not only gets your groove back but also gives you more time to do all the things you really want to do.

- Nutritiously balanced recipes.
- Easy to follow exercise plans to increase strength and flexibility
- 30 minute yoga flow routines
- 30 minute Pilates mat workouts that can be done before and after work.
- Beauty tips to help fight ageing and maintain a youthful glow.
- Recipes for beauty tonics, beauty lotions, masks, bath soaks and how to make creams at home.

Faye James

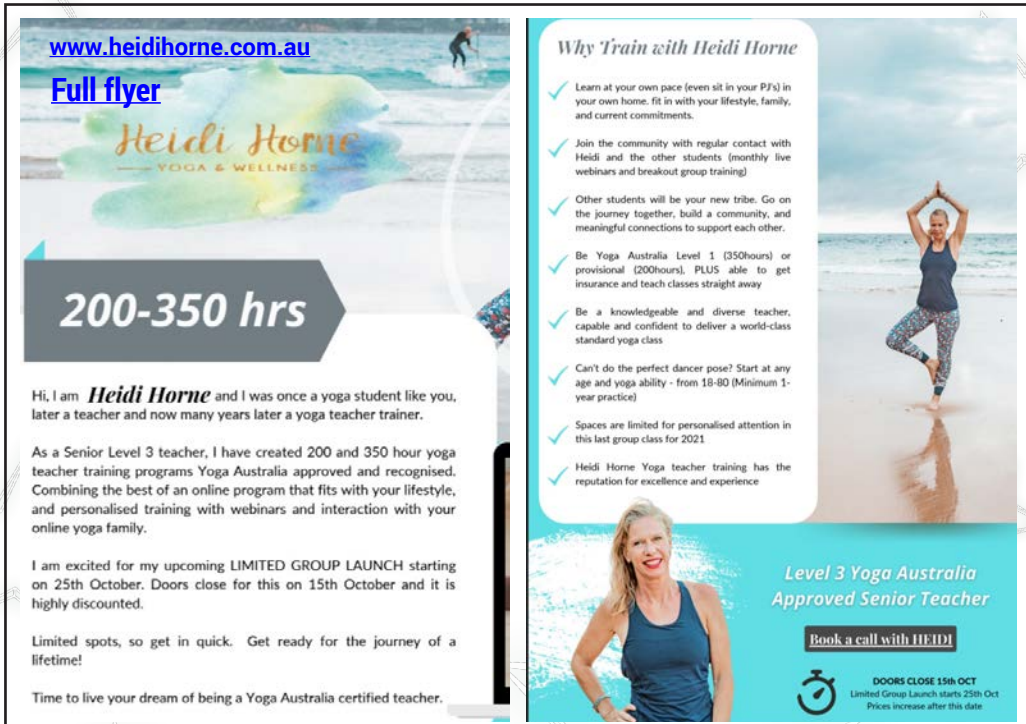
THE Long Life PLAN FAYE JAMES

AGE DEFYING RECIPES
EXERCISE ROUTINES
BEAUTY TIPS

FAYE JAMES

www.fayejames.com.au

Looking to get healthy during lockdown? Get 10% off Faye James' books and nutrition coaching services PLUS buy The Long Life Plan book and get 3 ebooks (vegan, vegetarian and low carb) worth \$17 for free.



www.heidihorne.com.au

Full flyer

Heidi Horne
— YOGA & WELLNESS —

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 PJ's) 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

Not quite local but open online to everyone:

SWIFF's Nextwave Youth Short Film Competition is open for entries!

The Coffs Coast's Screenwave International Film Festival is looking for the next wave of young filmmakers living anywhere in Australia. Enter a short film into the Nextwave Youth Film Competition for your chance to win awesome awards and prizes, including Best School, and have your film premiere at SWIFF 2022 on the Coffs Coast. If you like being creative, and want to have a go at filmmaking, SWIFF wants to see what you can do!

The rules are simple:

- Make a film under five minutes
- Include a pineapple
- Enter before October 12th to win!

For full terms and conditions, visit www.nextwavefilm.com.au



Flexible payment options

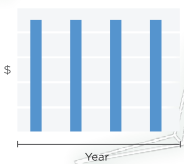
Edstart is providing flexible payment plans to help you manage your fees at Stella Maris College.

- ✓ Pay in weekly, fortnightly or monthly instalments
- ✓ Include school fees and other costs like uniforms, laptops, excursions and extracurricular activities
- ✓ Change or cancel your plan at any time with no additional cost

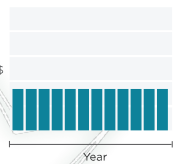
Payment plan options

Edstart Pay

Payments without Edstart



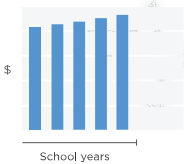
Edstart Pay



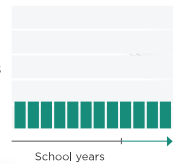
- ✓ Spread your school fee payments for up to 12 months until the end of the school year
- ✓ No interest charges
- ✓ Your plan can be used for future years and there is no need to reapply

Edstart Extend

Payments without Edstart



Edstart Extend



- ✓ Spread your fees over a longer period to further reduce your payments
- ✓ Extend for up to five years after your youngest child finishes Year 12
- ✓ Interest rates are personalised and we reward your good credit history with a better rate

How to get started

Calculate your plan and apply online at edstart.com.au/stellamaris

You can apply at any time during the year and we will tailor a plan to meet your needs based on your remaining school fee balance.

Please note, in providing information about Edstart, Stella Maris College does not provide any recommendations, brokering or advice services. The College does not receive referral fees, commissions or other remuneration from Edstart.

1300 139 445 contact@edstart.com.au edstart.com.au/stellamaris

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