



1931 – 2021

STELLA MARIS NEWSLETTER

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

Term 3 Issue 07

27 August 2021



Prayer on the Feast of St Monica

*Lord Jesus,
you were moved by the prayers and tears
of St. Monica
and you gave the grace of conversion to
St. Augustine, her son.
Touch our hearts and convert us from
fear to love,
from sickness to health and from conflict
to peace of mind.
May our lives draw others to love you.
Amen*



P & F Meeting – this Wednesday, 1st September, 7.30pm – INCLUDES WELLBEING TALK!

IMPORTANT: Please email fleur.tichelaar@stellamaris.nsw.edu.au to register your interest so you can receive a link to join the meeting next week.

All are welcome and we encourage you to join us to listen to Amy Smith, Assistant Principal Wellbeing and Kylie Andrew, College Counsellor, who will be speaking about their work focused on the wellbeing of Stella students, including the Positive Education program and Acceptable Use for mobiles and technology. This promises to be an informative presentation, with the topic of wellbeing for our teenagers particularly relevant right now.

Comedy for a Cause

Anyone who purchased Comedy For A Cause tickets for the old July date, these will automatically be transferred to the new date of Friday, 10th November. We sincerely hope that by this time we will be able to go ahead. Tickets can be purchased here: comedyforacause.net/SMC

Stay safe everyone.

*Kate and Lovelace and Andrea Hogan
P & F Presidents*

Dear Stella Community

Congratulations

This week Lily Bergqvist's audition for the Voice was aired on television. Well done to Lily for turning Jess Mauboy's chair and getting through to the next stage. Congratulations Lily for a great performance!

Year 12 Trials

Our Year 12 continue, and we are so proud of the girls for putting their best efforts into their work. Hearing from staff in other schools it is clear that our Stella girls are doing well with the support offered by the staff and the use of MS Teams and Seqta.

Examining the Impact of COVID-19

A report from the Melbourne Graduate School of Education on the impact of COVID-19 on teaching and learning surveyed all education sectors and found some interesting results of which we need to be mindful.

- Approximately 50% of teachers reported that all their students had access to devices.
- Just over 50% of teachers reported that students completed their work most of the time.
- 74% of secondary teachers in independent schools agreed that students were well prepared to engage in learning online.
- Teachers indicated that the better the support at home, the more positive the educational outcome for students.
- Families of students who continued to foster social networks and nurtured the emotional wellbeing of their children were an important factor in supporting young people.
- 2/3 of teachers indicated they were working more hours than usual every week.

You may wish to [read the Report Summary](#) in full.

It is important that families, students and staff work collaboratively during this time to support both the learning and wellbeing of the young people in our care. I thank you for working with us to support your daughters.

Elizabeth Carnegie, Principal

Youth Mass

Manly Freshwater Parish will be live streaming our first Youth Mass with music by Simon Hyland and youth readers in the next few weeks – date and time to be confirmed next weekend.

Follow Manly/Freshwater Parish on Facebook

What's New This Week?

Lockdown Marathon

Congratulations to the students and staff who have already completed the Stella Lockdown Marathon. It is a great achievement to finish the 42.2km. Well done to those who have finished it so quickly. Our first 10 student finishers were (in no particular order):

Saoirse Ford, Liv Rolfe, Camille Hirose, Samantha Wareham, Holly Wickham, Tilla Garrett, Jade Guichon, Katy Hodges, Katie Bates, Mackenzie Taylor.

Everyone still has time to complete the challenge! Fill in the km tally sheet and email it back to Mrs Jenny Wickham by Monday night (30th August).

More challenges and exercise ideas will be sent out next week once the marathon is finished!

Jenny Wickham, Head of Sport

Keeping Physically Active in Lockdown

As the lockdown continues it can be very hard to stay motivated to keep physically active. However, there has never been a more important time for us to make exercise part of our daily routine. Physical activity helps our mind and body in so many ways, including:

- releasing chemicals such as endorphins in our brain, which are great at improving our mood
- leading to better sleep and will give you more energy
- making us feel like we have achieved something in our day
- loosening the muscles in our shoulders and neck, which might be sore from sitting at our desks or tight from stress and anxiety
- giving us a break from sitting in front of a screen
- being great for our immune system

Careers

Job of the Week: Paramedic

What do Paramedics do?



Paramedics respond swiftly to medical emergencies, assess the condition of and attend to injured people, and provide transport to medical facilities if necessary. They work in high-pressure situations

and are required to use their medical knowledge and training to make important decisions to save people's lives.

If you work well under pressure, are a confident and quick decision maker, and want a career that will help you save lives, you might want to consider becoming a Paramedic.

How do you become a Paramedic?

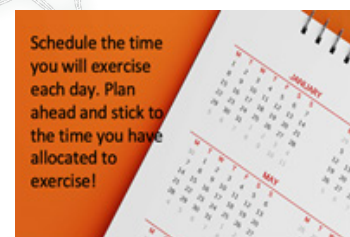
Click [HERE](#) to learn more about this job and pathways to get there.

Stella Careers Website

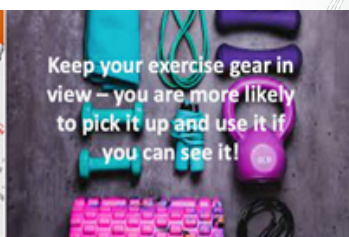
Please visit our very own Stella Careers website at www.stellacareers.com for all your career needs, PLUS, see our regular weekly Careers newsletters [HERE](#)

Lisa Walsh, Careers & Pathways Advisor

PS. Rowena Meredith, Stella's Olympic Bronze-medallist rower, is headed for a career in Paramedicine, studying at ACU.



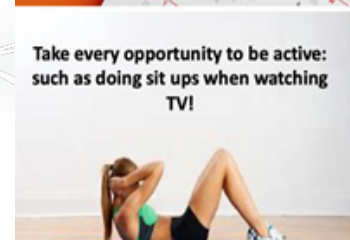
Schedule the time you will exercise each day. Plan ahead and stick to the time you have allocated to exercise!



Keep your exercise gear in view – you are more likely to pick it up and use it if you can see it!



Try to do 5 mins of physical activity in the break between each lesson



Take every opportunity to be active: such as doing sit ups when watching TV!



Vary the activities that you do

Try different sports to keep you motivated



Change your work position every 20 mins: sit, stand, walk. Take a break from sitting all day!

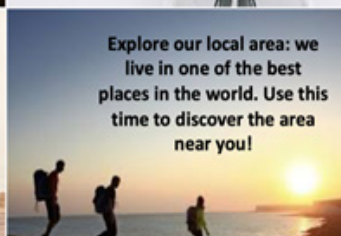


Workout at home Try an online workout

Or do some JUST DANCE



Take your exercise outdoors. Play games in the backyard, head to the beach or go to the park to do your exercise in different locations



Explore our local area: we live in one of the best places in the world. Use this time to discover the area near you!



What's New This Week?

A Star in the Making

Lily was a powerful presence on Channel 7's *The Voice* this week. Jess Mauboy surely made a huge mistake by not taking her through! With years ahead of her we are excited for Lily's long-term future and look forward to hearing her share her amazing gift with the College on many more occasions to come. Congratulations to the second youngest singer on *The Voice* 2021 (she's in Year 9!) who more than held her own against many older and more seasoned performers.

Watch her blind audition [HERE](#).



New Eyes / New Dress

Year 9 Textiles have been getting creative and creating fashion silhouette designs with colours and textures around their home and garden.

This activity gives our students cause to look at the world around them with fresh eyes then use that

perspective in novel and interesting ways, in this case, as fabric designs. Physically creating and cutting out the silhouette and using it as a lens to capture and make decisions about fabric design is, in every way, a very different experience to Googling!

Elyse Connolly, Technology Teacher



Reminders

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

1. The **Stella Marathon** finishes on Monday. Students: Even if you haven't started yet you can still get it done! (10.5km a day walking or running is achievable!) Record your kms on the tally sheet (emailed to you) and email it back to Ms Wickham by Monday night.
2. **Fees Help and Advice:** Contact the College by emailing fees@stellamaris.nsw.edu.au if you would like to discuss school fees. An information page can be found towards the end of this newsletter.
3. **Stella Sleepout** is tonight! Make a donation over the weekend at <https://www.trybooking.com/au/donate/stellasleepoutathome>

Diary Dates

- | | |
|---------|---------------------------------------|
| 1 Sept | P&F Meeting |
| 5 Sept | Happy Father's Day! ❤️ |
| 10 Sept | Body of Works Virtual |
| 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 |
| 19 Nov | Comedy for a Cause P&F Event |
| 1 Dec | Presentation Night |
| 2 Dec | End of Term 4 for students (half day) |

Sleepout Fun Tonight

Comps/ kahoots / quizzes / Zumba / guess which staff member's pet / prizes to be won / spotlighting wildlife / campfire damper & marshmallow recipes...

Leaving Stella?

Providing a Term's 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.

Thank you for your cooperation. It is much appreciated.

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

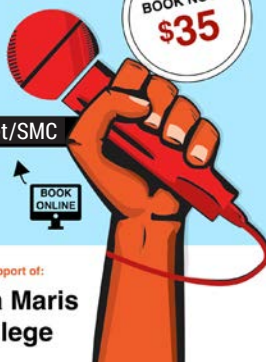
Featuring comedians from
**Sydney & Melbourne
International
Comedy Festivals**

comedyforacause.net/SMC

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



In Support of:
**Stella Maris
College**



[CLICK HERE
TO JOIN](#)

Join SMESA

Get on our mailing list
for your copy of IOGD -
our Stella Maris
Ex-students' Association
newsletter

Wellbeing Reminder

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

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 does not provide any recommendations, brokering or advice services, nor do we receive referral fees, commissions or other remuneration from Edstart.



Flexible payment options

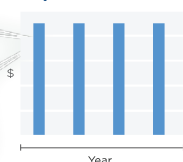
Edstart is providing flexible payment plans to help you manage your fees at Stella Maris College.

- ✓ 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

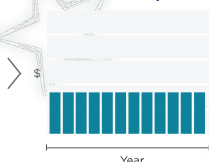
Payment plan options

Edstart Pay

Payments without Edstart



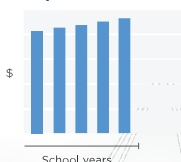
Edstart Pay



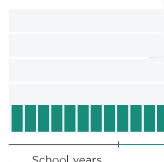
- ✓ Spread your school fee payments for up to 12 months until the end of the school year
- ✓ No interest charges
- ✓ Your plan can be used for future years and there is no need to reapply

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

Edstart Australia Pty Ltd ABN 48 611 024 205 holds Australian credit licence number 485096.



Winter Appeal

***In our Stella
Year of
Peace & Justice***

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***

***Who is our
neighbour?***

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



***Without justice there
can be no peace***

***It's easy to be
M.A.D.***

Art & Craft/Bake Sale

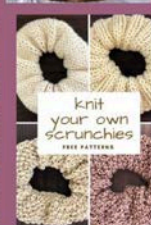
- This sale will be full of sweet treats & talented arts and crafts!
- those students and teachers who love to knit, crochet, paint, bake or be creative can donate items to be sold at the sale.
- We will send out free patterns and templates to support your ideas ...



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.

 <p>ONE WHOLE WEEK SPRING PROGRAM CLEANSE, REVITALISE, RENEW</p>	<h3>WHOLEFOOD MAMA</h3> <p>Agnesa Simcic is a clinical nutritionist, food coach and yoga teacher. She uses whole foods to improve nutrition and health outcomes for women and families, specialising in managing stress, mood and digestive issues, naturally.</p>	
<p>HEALTH PLANS & PROGRAMS</p>	<p>NUTRITION CONSULTATIONS</p>	<p>ONLINE YOGA MEMBERSHIPS</p>
<h2>25% OFF</h2> <p>All Nutrition Consultations, Meal Plans & Health Programs</p>		<p>USE CODE: STELLA25 OR mention Stella when booking</p> <p>www.wholefoodmama.com.au P: 0418 213 265</p> 

 <p>Reset your 40 something-self with deliciously healthy recipes, tips, tools and tricks to regain confidence, self-esteem and energy.</p> <p>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.</p> <ul style="list-style-type: none"> ♥ 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. <p><i>Faye</i></p> <p>THE Long Life PLAN FAYE JAMES</p> <p>www.fayejames.com.au</p>	 <p>THE Long Life PLAN AGE DEFYING RECIPES EXERCISE ROUTINES BEAUTY TIPS FAYE JAMES</p>	<p>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.</p> 
--	---	---

<p>www.heidihorne.com.au Full flyer</p>  <p>200-350 hrs</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Limited spots, so get in quick. Get ready for the journey of a lifetime!</p> <p>Time to live your dream of being a Yoga Australia certified teacher.</p>	<h3>Why Train with Heidi Horne</h3> <ul style="list-style-type: none"> ✓ 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  <p>Level 3 Yoga Australia Approved Senior Teacher</p> <p>Book a call with HEIDI</p>  <p>DOORS CLOSE 15th OCT Limited Group Launch starts 25th Oct Prices increase after this date</p>
---	---

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

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

Support our Stella Families!

#gettingthroughcovidtogether

TOPARGEЕ

RV, CARAVAN & MARINE ACCESSORIES

ADVENTURE RANGE



Camping kits, Hiking hammock, Foldable mats



Headlamps, Portable cooking accessories + more

Buy Online Now

