



1931 - 2021

# STELLA MARIS NEWSLETTER

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

**Term 3 Issue 08**

3 September 2021



## Prayer

*God of tenderness and compassion,*

*Teach us to be neighbour, especially to  
the excluded and disenfranchised*

*Empower us to stand with and be a voice  
for those who are voiceless*

*And to seek peace through justice.*

*As partners in the call of the Gospel, co-  
workers in the mission of Jesus Christ*

*Give us clarity of understanding and  
determined hearts to lead wisely, to  
listen deeply and to treat all people and  
all creation with justice, love and the  
compassion of Christ.*

*Amen*

## Youth Mass

**NEXT SUNDAY 12TH SEPTEMBER  
@ 6PM we will be live streaming  
our first Youth Mass with music by  
Simon Hyland and young people  
doing the readings.**

**We will be using Zoom and  
Facebook.**

**Zoom Meeting ID 872 561 5999  
Code: 2512**

**Follow [Manly/Freshwater](#) Parish on  
Facebook**

## Dear Stella Community

### Students' well-being must always be the priority

A recent article in The Conversation by Lecturer in Education, Nikki Brunker, reminds us to ensure we have effective support for young peoples' social and emotional wellbeing during times of lockdown.

Ms Brunker suggests the following:

- Focus on potential gains by supporting their ability to deal with adversity
- Look after your own wellbeing so that your child can learn to self-regulate from your modelling
- Attend to daily essentials such as engaging in exercise, getting outdoors and monitoring engagement with news media
- Develop personal skills like autonomy and adaptability by asking children to help with routines
- Adjust your expectations as young people get distracted and have 'ebbs and flows in motivation'.

[Read more](#)

### Fathers' Day

This year we are unable to host a Fathers' Day breakfast for the Stella community but we invite you to send pictures of the Father's Day celebration you have at home this year. If you are happy to share, we will post them in next week's newsletter. Please email to [donna\\_stimson@stellamaris.nsw.edu.au](mailto:donna_stimson@stellamaris.nsw.edu.au).

### Year 12 Trials

Our Year 12 have finished their Trial Assessments and I thank the girls for their determination and cooperation in getting the job done. Teachers are busily marking and providing feedback to the girls. I encourage the girls to continue to improve their exam readiness and reconnect with their teachers on MS Teams for classes.

We will provide the girls with the best graduation experience we can, in line with NSW Health guidelines. Ms Burke, Ms Smith and Mrs Yeates have already begun planning for the Graduation Ceremony and the Formal has been rebooked for later this year.

Year 12 have already had such a wealth of support from PC teachers, the Wellbeing Team, their class teachers, Heads of Department and the Stella Tutors. There is no reason why the girls can't get a great HSC result with persistence and effort.

### SleepOut @ Home

Thank you to Ms Metcalfe and the Year Leaders (particularly Social Justice Prefects Holly Nicholas and Lani Olivey) for hosting the SleepOut last Friday. The girls raised \$4100 from donations from the Stella community and it was great to see so many Stella families involved.

### Providing a Term's Notice

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



## iStem

A little something  
a girl put together  
for her iStem class.  
Wow!

*Elizabeth Carnegie, Principal*

# What's New This Week?

## Careers Job of the Week: Sonographer

*What do Sonographers do?*

Sonographers are medical imaging professionals who operate ultrasound devices to capture and interpret anatomical images. Sonographers can specialise in imaging certain parts of the body, such as abdomen and chest, breast, cardiac, musculoskeletal, obstetric and gynaecological, paediatric, small parts, and vascular.

If you are caring and committed, are dedicated to improving people's health, and are an excellent communicator, a career in Sonography could be perfect for you.

*How do you become a Sonographer?*

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](http://www.stellacareers.com) for all your career needs, *PLUS*, see our regular weekly Careers newsletters [HERE](#)

*Lisa Walsh, Careers & Pathways Advisor*

## Lockdown Challenges

Here are the results from the Lockdown Marathon. Our new challenge? Some of the greatest walks in the world! Where do you want to go?

### House Places

1. Noonuccal
2. Wood
3. Smith
4. Bashir
5. Chisholm
6. Mackillop
7. Shinnick
8. Egan

### Well done to the first 20 students to finish

Katy Hodges	Camille Hirose	Sally Hodgson
Holly Wickham	Samantha Wareham	Alexis Harvey
Jade Guichon	Liv Rolfe	Destiny Juul
Mackenzie Taylor	Jemima Moran	Zara Scibberas
Katie Bates	Zoe Furniss	Elisha Cuthbert
Saoirse Ford	Ashton Reimer	Claudia Vumbaca
Tilla Garrett	Charlee Howe	
Camille Hirose		
Samantha Wareham		

### Congratulations to the large number of students and staff who completed the Stella Lockdown Marathon!

*Well done to Year 9 who had the largest number of students complete the marathon!*

### Winning PC Classes

1. 9/5 Mr Jones' class
2. 9/6 Ms Murray's class
3. 7/4 Mr Wong's class

First teacher to finish: Ms Boydel!

## ADVENTURES AROUND THE WORLD

Let's see what amazing places we can hike (or run!). Can anyone complete them all?

<b>Hawaii – Diamond Head Trail – 2.6km</b> 	<b>Uluru – 10km around the base of the Rock</b> 	<b>Mount Fuji – Yoshida Trail – 18.6km</b> 
<b>Great Wall of China</b> Jiankou to Mutianyu – 10km 	<b>Italy – Cinque Terre</b> Alta Via High Path – 36km 	<b>Tasmania</b> Three Capes Walk – 48km 
<b>Mount Everest</b> Base camp trek – 65km (each way) 	<b>USA – Grand Canyon</b> Walk to the bottom of the canyon – 15.5km 	<b>Peru – Machu Pichu</b> Inca Trail – 15km 
<b>New Zealand</b> Milford Track – 53km 	<b>Africa</b> Mount Kilimanjaro – 37km to the top 	<b>Australia</b> Mount Kosciuszko walk – 13km return 



# What's New This Week?

## Duke of Ed

Congratulations to the amazing Stella Maris Gold award girls who played a vital role in planning and making the Sleep Out a great success last weekend. The girls have completed their Gold residential experience by being assistant camp leaders at Year 7 camp and taking on a coordinator role at the annual sleep out. The organisation, enthusiasm and passion these girls have shown towards these tasks has been exemplary. Well done girls.

Thank you to all the girls sending through their awards for sign off. I am very pleased to report that 25 awards have been signed off in the month of August. Please keep them coming! All the details are on your Bronze, Silver or Gold Teams page.

As we are nearing the end of Term, I would like to acknowledge the efforts over the past year of my Duke of Edinburgh Captain, Molly Crotty. Molly has been an outstanding Duke of Ed Award participant and Stella Maris College Duke of Edinburgh Captain. Molly has organised numerous leadership events over the course of her 12 months, has attended all leadership meetings with the larger prefect group, and also met one on one with me every fortnight to coordinate how the Award will continue in this COVID environment.

Molly has been an integral part of the College assemblies, helping at all Duke of Ed training sessions, Year 7 camp activities and the Sleep Out. Molly even took time out of her busy academic schedule to visit the recent Bronze hike and help the younger students feel confident in their new camping environment.

Molly has a positive outlook on life and has been an extremely capable leader. We will miss Molly next year and thank her for going above and beyond in her role as Duke of Edinburgh Award Captain.

*Linda Silburn  
Duke of Ed Coordinator*

## Photography

Year 10 Photography class have been working on creating visual representations of Idioms. Can you guess the Idiom?



## Writers' Club

Congratulations to Olivia Layton of Year 12 who has won second prize in the Mosman Youth Awards in Literature - Senior Prose. Her short story, "Mrs James Hindley", impressed the judges with its quirky tone, descriptive language and surprising twist at the end. Olivia has had great success in Writing Club over her years at Stella, including winning second prize in the same Mosman Youth competition when she was in Year 7!

Writing Club will run for the next two weeks and then wind up for 2021. Congratulations to all the students who have participated throughout the year. We'll be back in 2022 with competitions, weekly topics and Library workshops. See you then!

*Ms Alison Tedman  
Head of English*



## SleepOut@Home

### We raised \$4,312.45!

Last Friday 27<sup>th</sup> August we held the annual Stella SleepOut but @ Home this year due to the lockdown. As the event was underway Mrs Christina Burke, Head of Year 12, mentioned to me “what lockdown”? and this was illustrative of the mood on the night as we all had a lot of fun together even though it was virtual.

We had 80 participants connect up and take part in the live stream event in MS Teams. The Year 12 Leaders and Gold Duke of Ed girls, notably Molly Crotty, Issy Stein, Josie Kelly, Emily Bran, Gemma Brown, Vanessa Hazell, Amelia Chapman, Yasmin Elboz, Jade Taylor and Jessica Dunn were the life force of the night, helping to animate things with lots of fun activities such as Kahoots, riddles, quizzes, competitions and bring your pet to screen segments. These girls deserve acknowledgment as they managed to help with the event in the midst of their Trial exam period. The teachers that participated were also amazing with their dance moves to the Zumba class and Just Dance's. There was many a cheeky and humorous comment in the chat stream throughout.

Ms Collins reiterated her experiences of visiting the Kinder school in Bacolod, the Philippines, and helped to underpin the night with the overarching purpose of the SleepOut. The SleepOut experience was a way for the Stella community to journey alongside people that are at a disadvantage and it was a great opportunity for advocacy. Each participant has made a massive difference to people suffering hardships such as cycles of poverty, homelessness and domestic violence. This SleepOut gave us a glimpse into the realities of “sleeping rough” for a short time. In the midst of the fun activities it also challenged our sense of home and provided a unique way of gaining an insight into the complex issues faced by people in these circumstances. It was important to realise the name “homeless person” is better described as “a person experiencing homelessness” as homelessness is something you experience, not who you are as a person.

As one Year 10 student messaged me:

*“Hi Ms Metcalfe, Just thought I would show you my set up from last night. It was so cold and uncomfortable I can't even imagine what it is like for families sleeping in cars.”*

It is truly astounding just how generous the Stella Maris community is at a time such as the present, when all of us are experiencing varying degrees of hardship due to the lockdown. We have managed to make a difference to some of the most vulnerable people in our local and international communities and I thank you!

Ms Sarah Metcalfe  
Social Justice Program Coordinator

## How will this make a Difference?

Over 105,000 Australians experience homelessness each night. Half of these people are women and a quarter are young people under the age of 18.

On any given night in Australia 1 in 200 people are experiencing homelessness. This figure includes a staggering number of children and young people:

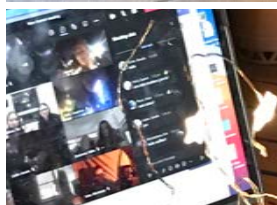
- More than 17,000 Australian children under the age of 12 have no permanent home
- 60% of the homeless population is under the age of 35 and in the prime of their life
- Children face a 18% higher risk of poverty compared to other age groups

Excerpts from the Pledge:

1. All proceeds will go toward The Good Samaritan Kinder School in the Philippines to sustain a feeding program and an education so that the most disadvantaged children in Bacolod City have the opportunity to break the cycle of poverty for their families.
2. The Northern Beaches Women's Shelter offers crisis accommodation and support to women and children at risk of homelessness due to domestic violence.
3. The Vinnies Winter Appeal helps to provide food, accommodation and access to vital services in order to try and help break the cycle of homelessness.
4. We are sleeping out at home due to the lockdown restrictions. This experience will help us to not only raise money but to gain empathy for those people who sleep rough in Australia and overseas due to poverty, war or personal crisis.

**DID YOU KNOW?**

- \$15** pays for a day's meals for a family struggling to put food on the table
- \$30** provides someone a bed for a night in one of our crisis accommodation services
- \$50** provides school supplies and excursion fees for a child experiencing disadvantage
- \$80** pays for a course in life skills such as cooking, preparing for job interviews or basic computer skills at TAFE





# Reminders

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

## Vinnies Winter Appeal and Northern Beaches Women's Shelter Care Packs

plus making craft items for sale is still happening. Refer to previous emails for details or email [sarah.metcalfe@stellamaris.nsw.edu.au](mailto:sarah.metcalfe@stellamaris.nsw.edu.au) if you need more information.

## Fees Help Update

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](mailto:fees@stellamaris.nsw.edu.au) and we will contact you to talk about how we can best support you during this time.

## Diary Dates

5 Sept	Happy Father's Day! ❤️
10 Sept	Body of Works Virtual
17 Sept	End of Term 3
4 Oct	Labour Day long weekend
5 Oct	Start of Term 4
1 Nov	Year 12 Graduation
8 Nov	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)

## 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.*



## Join SMESA

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

[CLICK HERE](#)  
TO JOIN

## 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](http://comedyforacause.net/SMC)

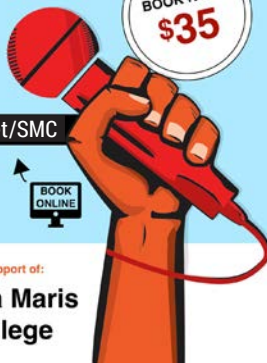
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# Our Local Community #supportingeachotherthroughcovid


**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](mailto: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.



**GET YOUR ZING BACK THIS SPRING!**


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- Group + personal coaching




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**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 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

**Do you own a business and would like to advertise it in our Newsletter? Send your advertisement to [administration@stellamaris.nsw.edu.au](mailto: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.

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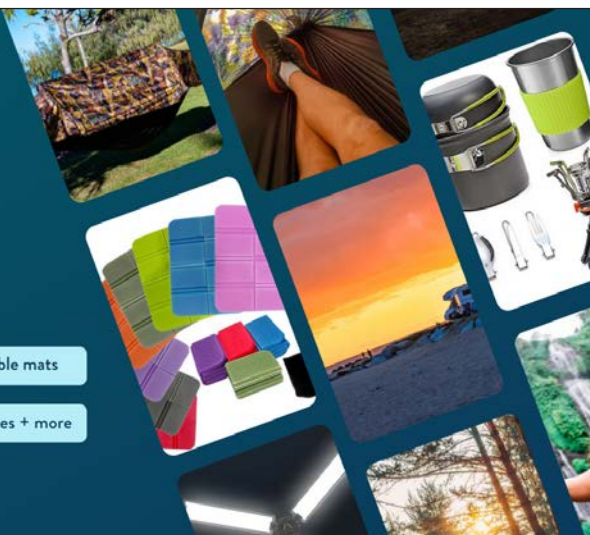


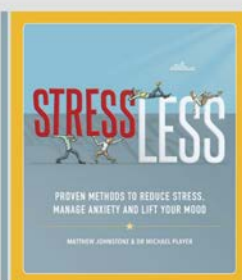
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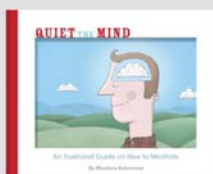


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