



1931 – 2021

STELLA MARIS NEWSLETTER

administration@stellamaris.nsw.edu.au

www.stellamaris.nsw.edu.au

Term 3 Issue 09

10 September 2021



Prayer

Gracious God, as we journey together

*We desire that our ways of acting be different
from the world's ways:*

That the love of Christ comes before all else.

May we not act in anger or nurse grudges

*So that our hearts may be rid of deceit and
false honour.*

*May our greeting of peace nourish all those
we meet*

*Especially those most in need of our care
and love.*

AMEN

Youth Mass

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**

iStem

Last week we asked the girls to let us know what this interesting iStem construction is. It's a tensegrity table, by Emily Grimes Year 10. Thanks to Sammi Wareham Year 10 for her answer. Coincidence that Sammi is also in the iStem class? We think not, but she still gets a chocolate for being the first to email us the answer!



Sammi's
table



*Tensegrity
structures are
constructed from
an assembled
system of cables
and struts.
Each member
is subjected to
either pure
tension, or pure
compression.*

Dear Stella Community

Body Kind Week 2021

Thank you to the SRC, Ms Cavallaro and Ms Riley for leading us through Body Kind Week. It was great to see the videos each day from the SRC to help us focus on what matters. They reminded us that kindness and care are more important than how you look and that we should focus on what is deep inside ourselves as that defines us a person rather than the exterior.

Mental toughness of girls at UK single-sex and co-educational schools

According to research released from the UK, girls who attend single-sex schools are generally more confident and more emotionally in control compared to their co-educational peers. The 2021 meta-analysis examined 'mental toughness' research and the impact of the pandemic on the wellbeing of children and teens.

'Mental toughness determines how a person deals with stress, pressure, challenges and opportunities. It is a mindset that a person adopts in every situation, regardless of the circumstances. Mental toughness is closely related to and embraces growth mindset, character, resilience, grit, learned optimism and similar traits into one integrated model (p.4). It is also strongly correlated with performance, wellbeing, positive behaviours, aspirations and employability (p.5).'

The report concludes that developing young people's mental toughness helps to create a more resilient society of the future that is capable of handling new experiences with a confident outlook.

Read more about how girls' schools help girls develop these skills:

AQR International. (2021, June). [Soft skills development and gender: An analysis of mental toughness at UK independent schools.](#)

Girls' Schools Association [UK]. (2021, June 14). [New research indicates girls who attend girls' schools are more confident and their head teachers are highly resilient.](#)

Year 11 Assessment Tasks

Year 11 final assessments are underway and I thank the students and staff for working through these difficult times with resilience and focus. We look forward to working with the girls as they commence their HSC studies next term.

BOW

This week Year 12 students' Body of Works for Visual Arts, Design and Technology, Textiles and Design, and Industrial Technology - Multimedia were put on display for marking and also filmed for viewing by the Stella community. The girls and the staff have put so much into the preparation of these major works and we look forward to seeing them on display.

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.

Elizabeth Carnegie, Principal

Careers

Job of the Week: Speech Pathologist

What do Speech Pathologists do?

Speech Pathologists are experts who assist people with communication disorders, which could be problems with speaking, listening, reading, or writing due to a variety of issues. They work with people of all ages, from children to the elderly. Your work as a Speech Pathologist can greatly help improve a person's quality of life.

If you have a passion for helping people and are seeking a rewarding and challenging career, Speech Pathology could be ideal for you.

How do you become a Speech Pathologist?

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

Sydney Scholars Award

The Sydney Scholars Award is a scholarship valued at \$6,000 that supports outstanding Year 12 students and is tenable for one year of an undergraduate degree. Closing date: 30th September

Who's eligible?

You must:

- be a domestic student (this includes New Zealand citizens), or an international student who has recently completed an International Baccalaureate (or educational award equivalent to the HSC)
- be applying for admission through UAC
- have achieved an ATAR of 95 or above (if you are applying to the Sydney Conservatorium of Music or the Sydney Dental School you must receive an ATAR of 90 or above)
- apply in the year that you complete your secondary education (if you are offered a Sydney Scholars Award, you may defer it for up to two years).

How to apply:

Read the [application guide \(pdf, 170kb\)](#) carefully. Complete the [online application form](#) and submit all supporting documents (including a personal statement).

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

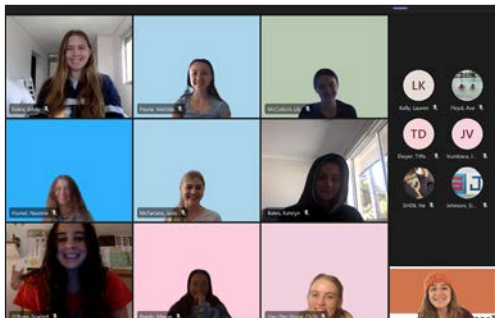
Year 7 Food Garden

Checking in on how the Year 7 Vege Garden is progressing in their absence. It's a jungle out there!



Body Kind Week

A few screenshots of our girls getting into Body Kind Week.



Year 12 Drama

This is Phoebe O'Brien arriving at school this week to perform her HSC Independent Project - Performance for HSC Drama. Sadly, they haven't been able to perform in front of family and friends this year.



Duke of Ed

The Duke of Edinburgh's International Award is offered to Stella Maris students from Year 9 to Year 12. The Award is a leading youth development program, empowering all young Australians aged 14 to 25 to explore their full potential.

August 'Stella Stand Outs'

Congratulations to the 34 girls who Ms Rudolph and I have signed off over the past month. Keep the sign offs coming and remember to reach out if we can assist in any way.

Capes 4 Kids from Home!

Our very successful Stella Maris Capes 4 Kids community service group is continuing from home this term. Capes 4 Kids is a charity that makes super hero capes for unwell children in hospital. If you would like some fabric to be sent to you whilst we are learning from home please let me know and I will make you up a 'sew from home pack' and pop it in the post. If you are handy with a pair of scissors and a sewing machine and are looking for a Covid-friendly service option please get in touch.

A Call for Help

We would greatly appreciate any donations of material (new or repurposed) that we could use to make our super hero capes. Plain material in bright colours can be used for the lining of the cape and any child appropriate fun prints for the outside would be brilliant. Please drop any donations to student reception or email linda_silburn@stellamaris.nsw.edu.au and I will arrange contactless collection.

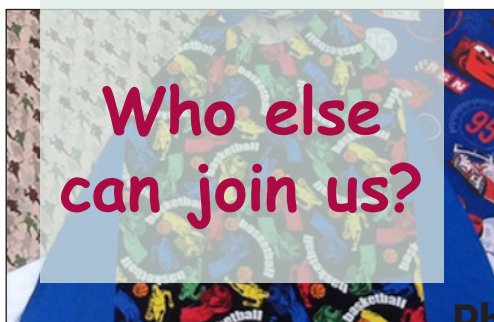
Duke of Ed Participant of the Week – Annika Sharp

"I am currently participating in the Duke of Ed Bronze Award from home, which is not what we expected when heading into our first year of the Award. While missing out on our qualifying hike has been upsetting, I have been making use of the time at home. I have made many delicious meals for my Skills component! The rest of my group have been spending their time reading, baking and practicing the flute for their skills. It has been difficult with sport being cancelled or online (cheer, dance and AFL) but we are optimistic for the next adventure of our Bronze award!"

The photo is of nachos that I made at home for the Skills component."



Linda Silburn
Duke of Ed Coordinator



What's New?

Winter Appeal Thank you

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

The Northern Beaches Women's Shelter supports

Our Vinnies Winter Appeal and the NBWS Drive have come to a close. I am thrilled to say a big thank you to all the students and families who have donated items to date. So many people have dropped off high quality clothes, handmade knitted items and artworks which will be packed into gift packs next week and sent onto Vinnies and the NBWS. We will hold the art and craft market and the cake stall next year once lockdown is lifted. Thank you again, you have made a difference.

Sarah Metcalfe
Social Justice Program Coordinator

The Vinnies Winter Appeal

Stella, You're totally M.A.D.!

Who is our neighbour?

QUESTIONS:

Without justice there can be no peace

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

Setting Up BOW

Good luck to all our HSC Visual Arts, Design & Technology, Industrial Technology - Multimedia and Textiles & Design students!



Sport Report

Well done to the staff and students who have been walking and running "Around the World". It looks like Hawaii and Uluru are the most popular hikes – with many students already taking part in these hikes over the last week. Let's see if anyone can conquer Mt Everest!

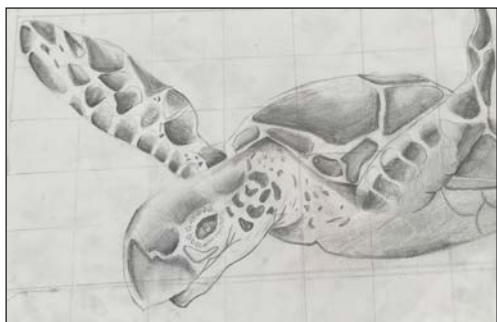
Students should email Mrs Wickham when they complete a hike, and complete the "Travel Log". This can be returned by the end of the holidays.

While we are unable to take part in our normal school sport at the moment, it is great to hear how active many of the students are staying throughout this lockdown. There are many students walking, running, cycling, surfing, swimming and keeping active in many different ways. We will all be super fit when we return to school!

Jenny Wickham, Sports Coordinator

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

What's New?

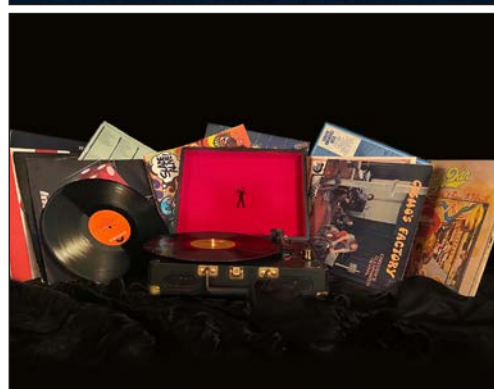


Year 7 Visual Arts Tonal Drawings

By Summer Bourke, Ava Down, Grace Hinchey, Isla Unite and Sana Mitchell.

Year 10 Photography

by Josie Fowler (2 photos), Kisha Andrews and Charlotte Byrne.



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 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 and we will contact you to talk about how we can best support you during this time.

Diary Dates

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

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




In Support of:

**Stella Maris
College**



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. 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.



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Full flyer



200-350 hrs

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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!

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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 #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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RANGE**

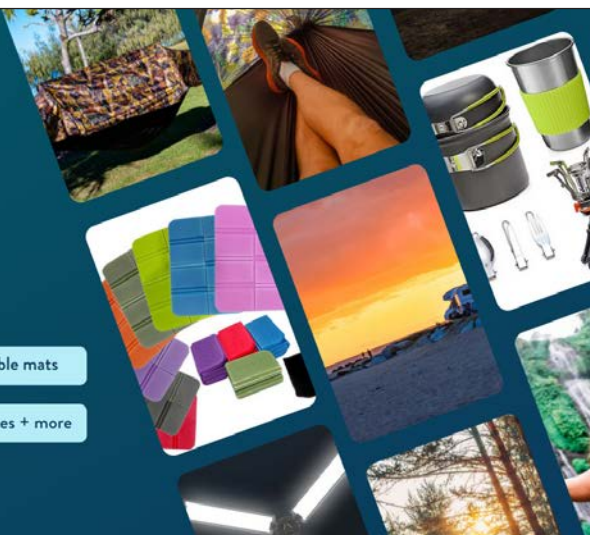


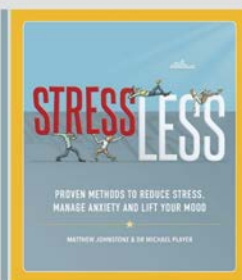
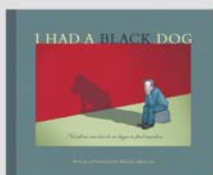
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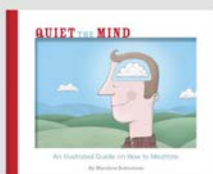


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