



# STELLA MARIS NEWSLETTER

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

**Term 4 Issue 1**

8 October 2021

## Prayer

*God in our midst, source of justice and love,  
We give thanks as you continually welcome us with  
gentleness and love.*

*Open our eyes to the needs of the community  
we serve.*

*Open our ears to the call for justice and equality.*

*Open our minds to the reality of exclusion  
and disadvantage.*

*Open our hearts to love and forgiveness.*

*Send us forth to become ministers of Christ's  
mercy and compassion*

*As we work to bring about the reign of God  
in our school.*

**AMEN**



## Dear Stella Community

### Term 4

A letter has gone out this week to outline some of the plans for our return to school. Key to this plan is to first to ensure that our Stella staff are safe and vaccinated. Plans for the return of students hinge on this factor and we are striving to ensure that all our staff are safely double vaccinated before the planned return of students.

We are very excited to see the students returning to school. A consideration for parents/carers is that students should travel safely to and from school. The government is recommending that parents drop their children at school rather than use public transport. Importantly, we know that following this recommendation will cause heavy congestion around Iluka and Eurobin Avenues so I ask drivers to be patient and cautious, to obey No Stopping signs and to be mindful of our neighbours driveways. Options to streamline drop off include doing so slightly earlier or in a street slightly further from the College.

### Year 12

As you would realise the Year 12 cohort are keen to complete their studies and I am heartened by the bravery of this cohort. Plans for finishing at the end of Term 3 had to be put aside as their HSC exams were delayed. These girls, however, took on the challenge bravely and maturely.

The Year 12 girls realised that in the HSC they present as a cohort (not as an individual) and that they are only as academically good as the strongest and the

weakest student in the group. These girls knew that their results could be improved if they all worked together to gain a greater understanding of their subjects so they could produce even better examination results in their HSC. Shunning sunning themselves on the beach or taking up some extra shifts at their workplaces, they have put the needs of their Stella sisters first and continued to work with their teachers on their studies. I am very proud of their efforts!

### Facebook and Instagram

This week the Wall Street Journal has stated that Facebook's own research indicate that spending time on Instagram has a detrimental effect on the wellbeing of some adolescents, particularly girls. Facebook also found that Instagram amplifies negative body image concerns for one in three teenage girls.

According to Facebook's own research, 32 per cent of teenage girls said that when they felt bad about their bodies, Instagram made them feel worse, and 40 per cent of Instagram users who felt "unattractive" said that this feeling was caused by using the app. Internal Facebook documents also show that 13.5 per cent of teen girls say that Instagram makes their suicidal thoughts worse and 17 per cent believe it makes their eating disorders worse.

Frances Haugen, a data scientist for Facebook, has 15 years experience working for tech companies. This week she fronted a United States congressional hearing to put forward the view that Facebook knows that Instagram is problematic for girls.

Read more in the Alliance eBrief: 'Facebook knows Instagram is toxic for girls' Body image and mental health, October 6, 2021.

*Elizabeth Carnegie, Principal*



## Diary Dates

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)

## Fees Help

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.

## Senior Performing Arts Scholarship 2022

We are pleased to announce the opportunity for Year 10 students to apply for a Senior Performing Arts Scholarship.

The successful applicant will

- Have a proven ability as an outstanding, active, and committed member of the Performing Arts community at Stella Maris College.
- Select 2-unit Music and/or Dance and/or Drama as part of their HSC pattern of study.
- Be achieving outstanding academic results in all subject areas.
- Reflect and support the Benedictine values of our College.

The Scholarship covers the tuition fee component of the annual student fees for Year 11 2022 and Year 12 2023 and is subject to an annual review of commitment and performance. The Scholarship does not cover the cost of resource fees or any other non-tuition fees.

Please complete this **APPLICATION FORM** if you are interested in applying for the Senior Performing Arts Scholarship.

**Applications close 3.00pm 1st November.**

**Auditions will be held in the week beginning 15th November.**

Once applications are closed, a short list of successful applicants will be invited for an audition. Those successful in the audition will be called for an interview.

With the fluid Covid restrictions at the moment we may require applicants to submit a video of their performance if we are unable to audition in person. Applicants will be informed of the audition process closer to the audition date.

Applicants are to prepare the following for their audition:

- Music – an accompanied performance on their principal instrument. Backing tracks or live accompaniment are acceptable.
- Dance – a prepared solo in preferred style.
- Drama – a short monologue (no longer than 2 minutes).



**Year 11 Music 2021**

## Careers

### Job of the Week: Psychologist

*What does a Psychologist do?*

Psychologists are health professionals who use their knowledge and skills to diagnose and help people manage a variety of mental health problems. These can be cognitive, behavioural or educational disorders, and some psychologists may choose to specialise in a specific area.

If you are patient with great listening skills, want to make a difference in people's lives, and are a fantastic communicator, a job as a Psychologist could be perfect for you.

*How do you become a Psychologist?*

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

### Early Entry Offers!

Congratulations to the many Year 12 girls who have received an early entry offer into university for 2022. What a relief to secure a place in such an uncertain time!

### 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*



## SMESA News

### Stella Maris Ex-students' Association

### Album Release

We always love hearing about the diverse ways our former students are living their lives!

Have a listen to our wonderful Sarah Thompson, Class of 2014. Her music is hauntingly beautiful and already gaining recognition worldwide. Her first album, Self Centre, is due for release in November. Mum, Patty Thomas 1978, is understandably very proud of her talented daughter! You can follow her on Spotify.

[Sarah Elise Thompson](#)  
['Sand Dollar' on Youtube](#)

### Condolences

Maureen Hall, Class of 1984, passed away this week. We offer Maureen's sisters and all the family, our greatest sympathy.

### Let Us Know

Are you (or your Stella daughter) getting married, having a baby, starting a business, doing something creative or otherwise interesting? Email [exstudents@stellamaris.nsw.edu.au](mailto:exstudents@stellamaris.nsw.edu.au) to share it with our SMESA and College community.

*Donna Stimson*  
*SMESA Coordinator*



# Three Final Challenges!

An enormous **THANK YOU** to Jenny Wickham for keeping us all on our toes - literally - during lockdown. Her physical challenges and daily workouts have been a source of good-spirited competition, achievement and a pleasant distraction from the constraints of lockdown. Here are the last three. What are you going to take on?



## AT HOME CHALLENGES

Try to complete some exercise challenges at home. See how many you can complete!



**DO THE 100 PUSH UP CHALLENGE!**  
10 push ups a day for 10 days.



**EXERCISE FOR 30 MINS EVERY DAY!**



Choose any type of exercise! But do some exercise every day!

**DO THE 1000 REP CHALLENGE!**

Do 1000 reps of any number of exercises. You can choose 10 different exercises and do 100 of each. It's up to you, but make sure you hit 1000!



**DO THE 1000 SIT UP CHALLENGE!**

100 sit ups a day for 10 days



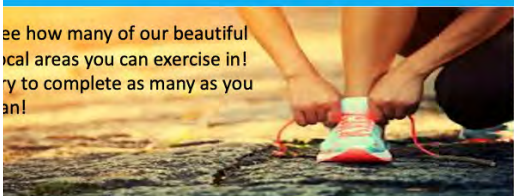
**PLANK CHALLENGE!**

Set yourself a goal: 1min/3min/5min. See how long you can hold plank for. Can you reach your goal before school returns?



## LOCAL CHALLENGES

See how many of our beautiful local areas you can exercise in! Try to complete as many as you can!



**SWIM FROM MANLY TO SHELLEY BEACH!**  
(and back again!)



Swim is 750m each way – 1.5km return

**MANLY DAM:**  
Walk, Run or Bike Ride around our beautiful Manly Dam  
(Circuit walking track is 7.5km  
Bike Track is 9.5km)



**BEACH 2 BEACH FUN RUN AND WALK**  
Run or walk the our famous local fun run course.  
Choose the 13km, 6km or 3km course



**NARRABEEN LAKE:**  
Walk, Run or Ride around the lake.  
Track is 8.4km

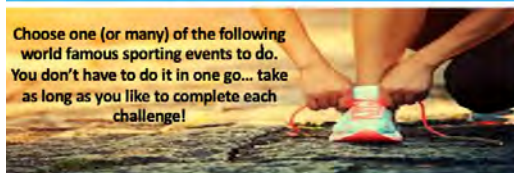


**Do the Spit to Manly bushwalk:**  
10 km one way



## VIRTUAL CHALLENGES

Choose one (or many) of the following world famous sporting events to do. You don't have to do it in one go... take as long as you like to complete each challenge!



**SWIM THE ENGLISH CHANNEL:**

Swim the 32km distance between England and France!



**RUN SYDNEY'S FAMOUS CITY TO SURF – 14KM**



**IRONMAN**

Complete the famous Hawaii Ironman:  
Swim: 3.9km  
Ride: 180km  
Run: 42km



Complete the final leg of the TOUR DE FRANCE:  
Cycle: 108km



Complete the "Empire State Building Run Up"  
RUN THE 1500 STAIRS (100 FLIGHTS OF STAIRS!)  
DARE TO





# What's New This Week?

## Uniform Shop

### Opening Hours

From 26th October: 8.00am to 4.30pm Tuesday, Wednesday and Thursday.

### Uniform Supplies

Factory closures due to Covid have delayed the shipment of dresses and sports uniforms. Stock is currently very low. If your daughter desperately needs a new item, please email the Uniform Shop and I will check availability.

### StellaBay

Some Year 7 and 8 textbooks can be sold to Year 7 2022. Details are on StellaBay. ONLY those books listed can be sold. Please post now as the new parents will soon be looking for second hand textbooks. Make the exchange after the exams.

### Disposable face masks \$1.

### Parents on site

Currently Stella Maris is not encouraging parents on site. Your daughter can come to the Uniform Shop to make her purchases so there is no need for parents to come to the Uniform Shop. If payment cannot be made by Student Card, please contact us for alternatives.

### Student Card

Does your daughter have sufficient funds on her Student Card for purchases at the Uniform Shop? Please top up her card the night before as it can take a few hours to load. We also accept debit/credit cards.

### Online Uniform Shop

The College now has an online Uniform Shop allowing parents and students to conveniently purchase items online. Please order under your daughter's name. All items are available for pick up from recess the next Uniform Shop trading day. Please see link below to access our online store. This link can also be found on the portal and College website. If you have any queries, please email us.

Some sizes may show as "Out of Stock". This may be because stock is low in that size. Please check with the Uniform Shop.

There is a 1pm cut-off for placement of orders for same day collection Tuesday to Thursday.

### ONLINE UNIFORM SHOP

Please collect orders shortly after the 'Ready for Collection' notice is sent.

Gail Hickey 9976 1819  
[uniform\\_books@stellamaris.nsw.edu.au](mailto:uniform_books@stellamaris.nsw.edu.au)

## Reminders

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

### Stella Facebook Group for Buy, Sell, Swap Launched

The P&F are excited to announce that we have set up a new Facebook group for the purpose of buying, selling and swapping Stella uniforms, books, equipment and sports gear. It is called Stella Maris – Buy, Sell + Swap Uniforms, Books/Equipment and Sports Gear. It is a private group and to join you will need to answer a question to prove that you are a parent/guardian of a Stella student.

This will be a fantastic way to recycle uniforms and save money on all the extras. Please ensure that you only buy or sell CURRENT uniforms – to check what's current visit the uniform shop at <https://uniformshoponline.stellamaris.nsw.edu.au/>.

### P&F Guest Speaker, Brett Foster

The P & F Meeting for Term 4 will take place online on Teams on Wednesday, 27th October at 7.30pm and will feature guest speaker Brett Foster, Director of Innovative Learning, who will present a brief presentation on Innovative Learning during COVID to help parents/carers understand how the girls have been engaging in learning this year. Please put this date in your diaries.

### Comedy Night

With school resuming late October it's looking promising that our Comedy Night at The Star of The Sea Theatre will be able to go ahead. We'll keep you updated and in the meantime don't forget to keep Friday, 19th November in your diaries. To book tickets please follow this link [comedyforacause.net/SMC](https://comedyforacause.net/SMC).

Kate Lovelace and Andrea Hogan  
P & F Presidents

**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](https://comedyforacause.net/SMC)

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

BOOK NOW!  
**\$35**

BOOK ONLINE

In Support of:  
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# Fees Help



## Flexible payment options

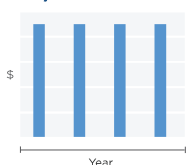
Edstart is providing flexible payment plans to help you manage your fees at Stella Maris College.

- ✓ 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

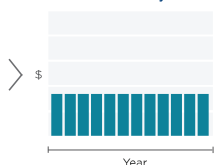
### Payment plan options

#### Edstart Pay

##### Payments without Edstart



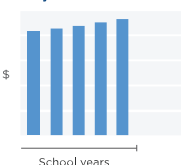
##### Edstart Pay



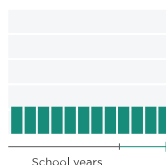
- ✓ Spread your school fee payments for up to 12 months until the end of the school year
- ✓ No interest charges
- ✓ Your plan can be used for future years and there is no need to reapply

#### 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](https://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](mailto:contact@edstart.com.au) | [edstart.com.au/stellamaris](https://edstart.com.au/stellamaris)

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*Are you or is  
someone you  
know a former  
Stella girl?*

[CLICK HERE](#)

TO JOIN or email  
[exstudents@stellamaris.nsw.edu.au](mailto:exstudents@stellamaris.nsw.edu.au)  
for more information

# Join SMESA!

Get on our mailing list  
for your copy of [LOGD](#) - our Stella Maris  
Ex-students' Association newsletter and future  
invites to events and activities. You can also  
register your business in our  
SMESA Business Directory.

# 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.

## Get scroll-stopping content that wows!

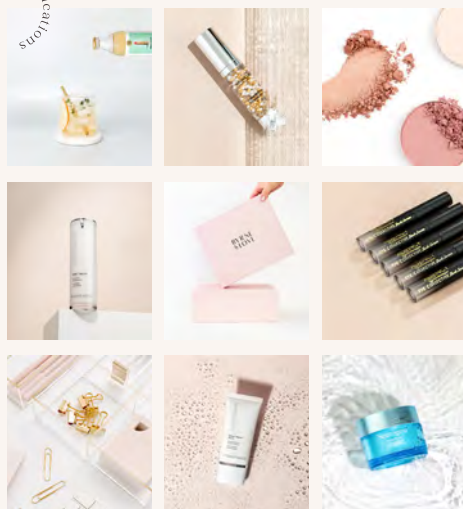
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Parties at The Sydney Chocolate School.

The minimum number of children to attend is 6 with no maximum numbers (up to 50 can be catered for). The price is \$80 per child. The minimum age is 5 years and again no maximum as all ages enjoy the parties and they are designed for the age group booked.

The fun filled 1.5 hours includes the children hand tempering chocolate on marble and making a selection of chocolates – all of which they take home on the day in generous goody bags (so you do not have to create these yourself!). The children make chocolate bars, artwork lollypops, chocolate stars and freckles (this can be adjusted or changed on request).

You can choose to use organic milk, white or dark chocolate. You will need to make the selection before the event. All children get a certificate, celebrating the day.

The birthday parties usually are hosted 2-3.30 on Saturdays and Sundays but other days and times can be booked if we have availability.



We offer a full high tea service after your party for an additional \$40pp. Please note our high tea is an outdoor event only.

Alternatively there is a lovely BBQ area that many parents have a party and cake at after. Please note the BBQ area is a public facility, so we recommend you get there early to try to get the space. Our front lawn is an excellent alternative to bring a picnic rug and watch the boats sail by on the harbour foreshore while enjoying your cake.

If you would like our balcony with tables and chairs and plates for the cake; this space can be leased for 1 hour for an additional \$150 per hour. This way you can have full access to our harbourside outdoor deck to celebrate with cake and snacks that you bring on the day.

Please note we are a fully licensed venue, so can serve adults sparkling wine and champagne at this time. For BYO we charge an overall \$25 corkage for the hour. Please advise us if you are bringing alcohol on the day.

### HOW TO BOOK

We hope to welcome you in the future. All bookings are confirmed with a 50% deposit. You can [book online](https://www.rebeccaatcocochocolate.com.au), email [rebecca@cocochocolate.com.au](mailto:rebecca@cocochocolate.com.au) or phone 0414701477 to 1:00pm.

### LOCATION

The Sydney Chocolate School  
Coco Chocolate Studio  
Building 21, 1110 Middle Head Rd  
Mosman NSW 2088



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- 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  
NH

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.



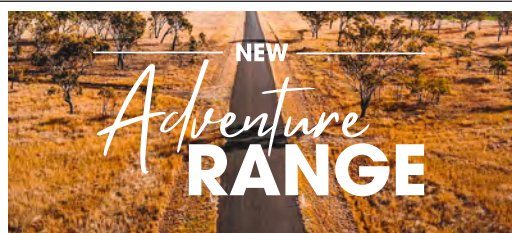
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Degree LED



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Hanging  
Bags

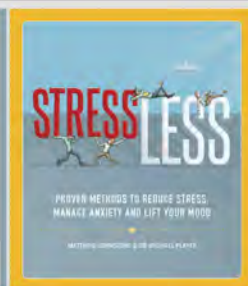


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Grill Stand



Outdoor  
Foldable  
Sitting Mat

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Seven illustrated books for all ages covering mental health, resilience, mindfulness and stressing less. The perfect gift for someone who maybe doing it a little tough.

Please scan QR code for more information.



10% discount for Stella Families until the end of October use **10\_off\_Stella** code at checkout

[www.heidihorne.com.au](http://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 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



## 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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